

Easy party ideas Festive decor Gifts for everyone





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A simplified approach helps this family focus on what matters most at the holidays.

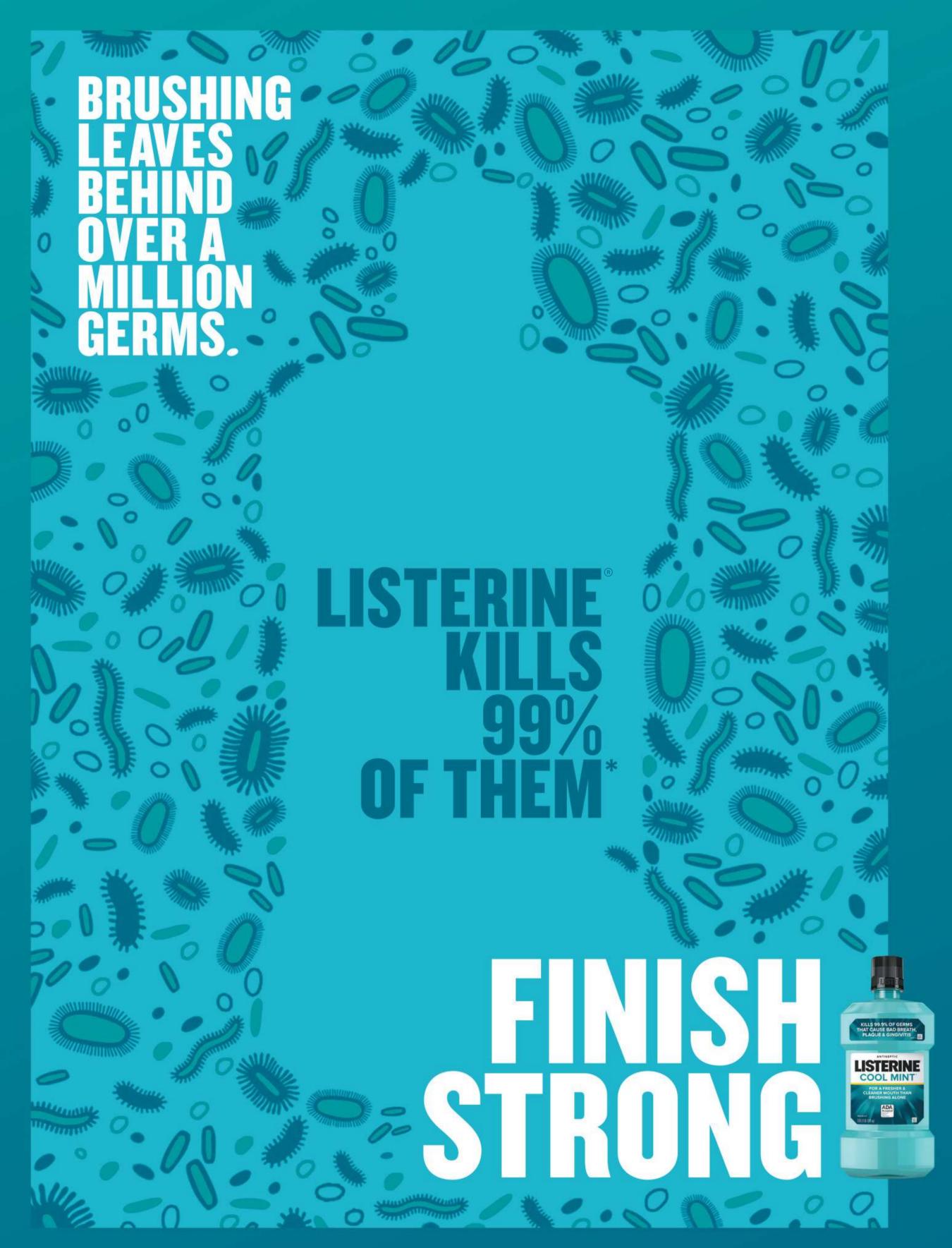
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COME ON OVER!

Take your open house festivities out onto the porch for a cozy, casual get-together.

GREENERY GNOMES
Turn plastic nursery pots and faux greenery into jolly woodland gnomes.

PHOTO: CARSON DOWNING











ON THE

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delicious serving, Wonderful Pistachios is a good source of plant protein with zero guilt.

EDITOR'S LETTER

As a college student, I had an eccentric landlady who was right out of central casting. Miss P, as she was called, had been a nurse for LBJ's children. I rented her garage apartment, which was behind her house in Austin's Clarksville neighborhood. Every time I came home, she would invariably come loping out of her back door waving her arms with a loud whooping "Yoo-hoo!" to get my



Ornaments

attention. She would make up an excuse to ask me a question before diving into a long list of neighborhood gossip and observations worthy of Gladys Kravitz from Bewitched. I remember her fondly, though sometimes her queries about why I got home at 1:27 a.m. were a little intrusive to a young student only recently away from his parents.

The reason I mention her now is that one of her most charming attributes was that she always had a wreath (or two or three) on her front door, no matter the time of year. She made them from the wild grapevines in her yard and decked them out with an everchanging combination of silk flowers and trinkets pertinent to the holiday or season. Some, like Christmas, St. Patrick's Day, and Easter, were easily recognizable. Others, like April Fools' Day, Ash Wednesday, and Father's Day, were a little harder to suss out, but I always admired her dedication to the themes. Her front door was a message board, a generous statement to anyone passing by to stop and think about that day or the season

Sometimes, as a magazine editor, I feel like Miss P trying to think of new ways to

connect with our readers for Christmas, Hanukkah, and Kwanzaa. In this, our first double holiday issue, we are fortunate to have plenty of room to share stories of inspiring decorating for holiday celebrations, one of the many things we do to show the people around us (and passersby) that we care about them.

The end-of-year holidays also can be hard for many people. Looking back at Miss P, I recognize her loneliness in ways I didn't as a young man, and I raise a toast to her and all the people out there who deck the halls, festoon the porch,

and light up the street this time of year. You'll probably never know how many strangers you touch. Who knows? Maybe you'll end up pleasantly remembered in someone's editor's letter in a national magazine someday. But even if you never know the payoff, lifting humanity's spirit is its own reward. So grab a bough and blaze the Yule. The holidays are here.



A Publishing

Starting this year, we are changing our publishing schedule to deliver a special double issue in December, which will feature twice the usual editorial pages just in time for the holidays. We are pleased to give you more inspiring holiday decor and recipe ideas than ever before during this important time of year. Our January/ February issue, full of ideas for making the most of the new year, will be combined, so please look for that when it comes out in mid-January. Thank you for being a loyal subscriber and/ or reader!

Stephen Orr. Editor in Chief instagram @steporr

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THE Apple OF BIG Holiday Dreams



Shine Bright

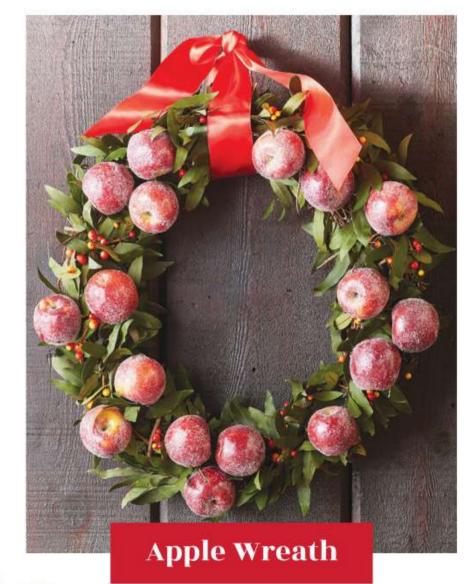
Cosmic Crisp® apples are the one ingredient you need to make the holidays sparkle and shine this season. From crowd-pleasing snacks and sweets to festive drinks and decor, fresh inspiration starts at the grocery store.



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Holiday Recipes and How To's





SEASON'S GREETINGS

Make a festive first impression with our best decorating ideas for your front door. Line the steps with ice luminarias, fill tall outdoor lanterns with glitzy ornaments, or craft a star-studded garland, above.

BHG.com/WinterDoor

Farmhouse Christmas

Can't get enough of farmhouse style? Neither can we, so we collected a virtual Santa's sack full of our favorite charmingly rustic craft projects.

BHG.com/FarmhouseCrafts



DIY POM-POM BOW

Dress up any simple wrapping paper with a statement bow you can make in less than 5 minutes. Our video tutorial walks you through the quick five-step how-to.



Hover your smartphone camera over this code to watch the tutorial.



[SWEEPSTAKES]

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KEY INGREDIENTS (1) Basket coffee filters: Make a dye bath with warm water and food coloring. Dunk a small stack of filters, then let dry. Cut out snowflakes. Attach them to a white paper-wrapped package using watered-down glue or Mod Podge. 22 Paper towel or TP roll: Start saving up now! Slide a small gift inside and wrap the roll with tissue paper. Tie off the twisted ends with ribbon. 3 Honeycomb tissue party balls: Open the balls halfway and glue the flat side down. 🕢 Kraft paper: Punch holes around the edges of a festive shape, then stitch between them using a plastic embroidery needle threaded with yarn. White paint pen: Add quick-drying, opaque accents anywhere that needs a little zhuzh.



on newsstands and at Magazine.Store/



LESS TIME IN THE KITCHEN. MORE TIME FOR DOING WHAT YOU LOVE.

Holidays Made Easy with Martha Stewart Kitchen Appetizers, Side Dishes, Desserts and Entrées.









Coffee filter To make poinsettia bracts, flatten basket filters with a warm iron, then paint with watercolor paint. (We used a pearlescent kind.) Cut out 12 pointed ovals: six large and six slightly smaller. Crease the centers. Glue the large ones onto a cardstock circle, then layer on the smalls.



Ribbon Use this idea for easy-open gift boxes filled with treats. Lay ribbon across the lid and glue the edges inside the lip. Add a snowflake cut from—you guessed it—a coffee filter. For a simple eight-point design, fold the filter in half four times to form a narrow cone; trim shapes from long sides.



Waxed paper & crayons Sandwich grated yellow and green crayons between sheets of waxed paper; layer between pieces of lightweight fabric. Melt with a warm iron; let cool. Cut a tree and star out of an envelope front and tape in trimmed waxed paper so it shows through.



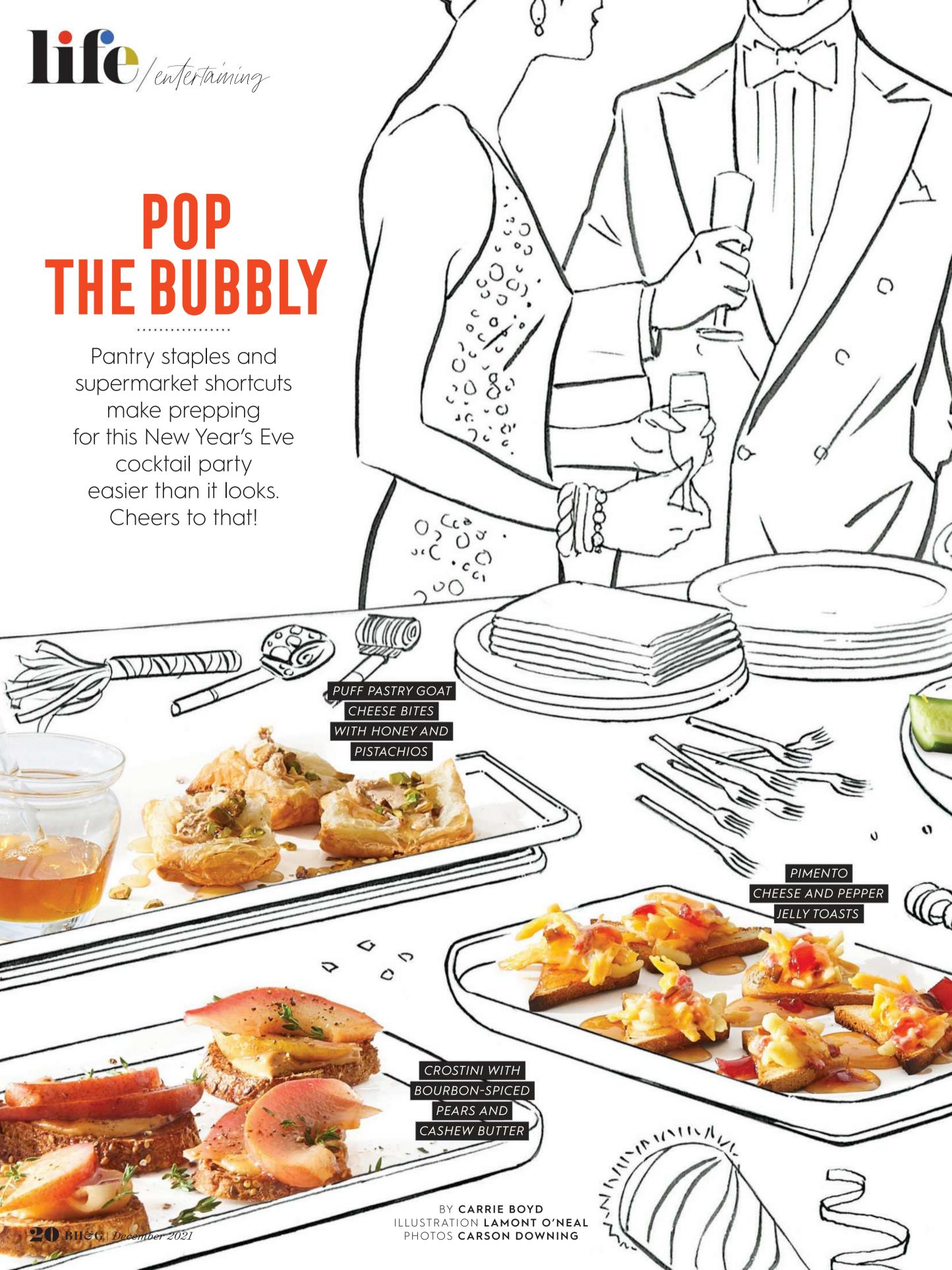
Cupcake liners Cut shallow scallops around the edges of two ribbed cupcake liners. Glue the misaligned layers together and lightly pinch the center. Add small pom-poms or a bit of glittery garland for center pistils. Glue to the package over ribbons or real or faux greenery. ■

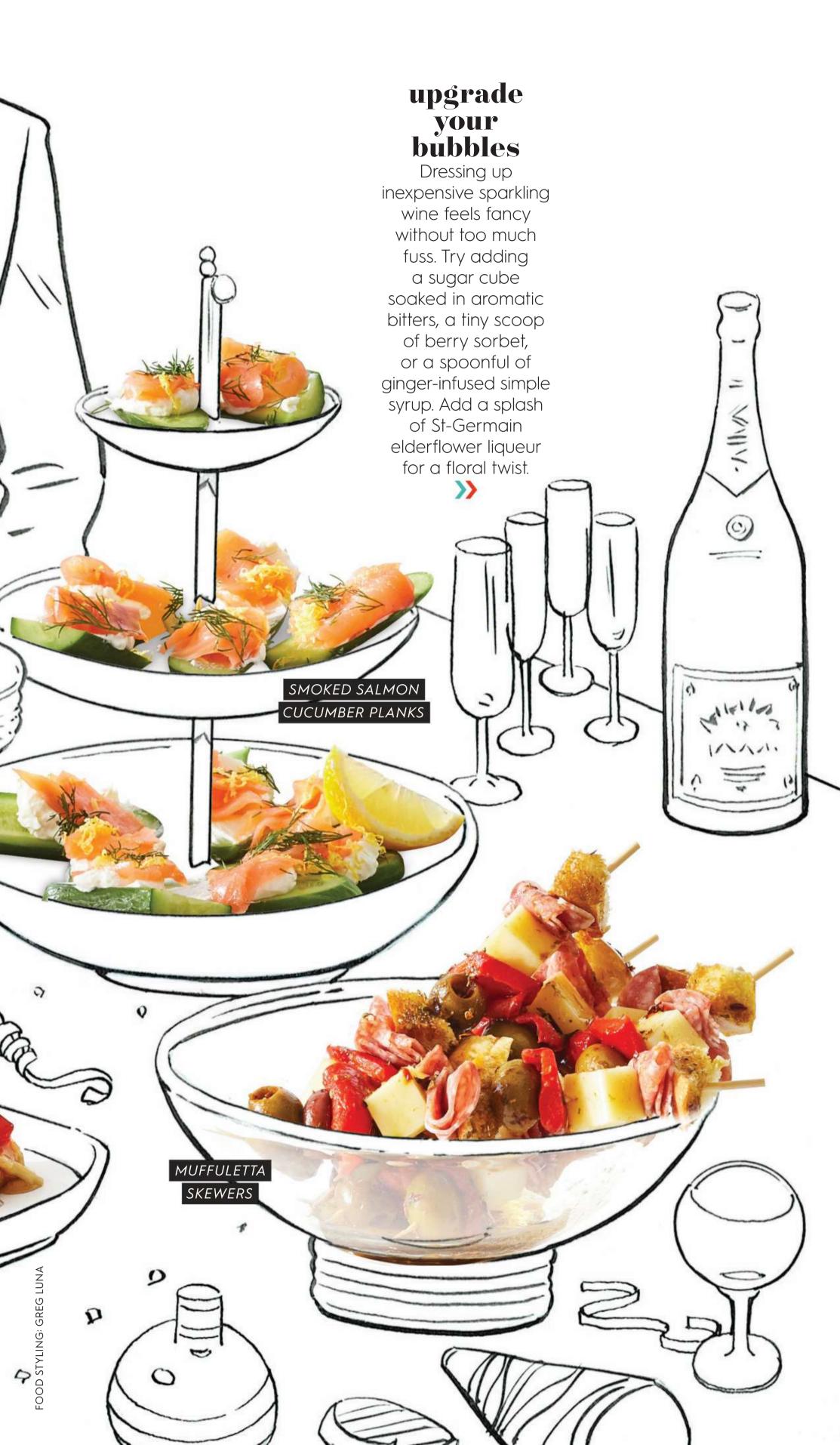
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PUFF PASTRY GOAT CHEESE BITES WITH HONEY AND PISTACHIOS

Cut purchased puff pastry into squares and bake according to package directions. Split in half and top each square with a smear of fig-and-oliveflavor goat cheese. Drizzle with honey and scatter with chopped pistachios. Serve at room temperature.

CROSTINI WITH BOURBON-SPICED PEARS AND CASHEW BUTTER

Preheat oven to 350°F. In a 2-qt. baking dish combine 2 cored and sliced red pears, ¼ cup bourbon, 2 Tbsp. maple syrup, 1 Tbsp. lemon juice, and ½ tsp. ground cinnamon. Roast 20 minutes or until pears are tender, stirring once. Spread purchased crostini with cashew butter, top with pears, and finish with black pepper and fresh thyme. Drizzle with cooking liquid. Serve at room temperature.

PIMENTO CHEESE AND PEPPER JELLY TOASTS

.

Preheat oven to 375°F. Top rye party bread or crackers with pimento cheese and a spoonful of red pepper jelly. Bake 8 to 10 minutes or until cheese starts to melt. Serve warm.

SMOKED SALMON CUCUMBER PLANKS

.

Combine 8 oz. softened cream cheese with ¼ cup sour cream. Spread onto cucumber planks. Top with smoked salmon and finish with fresh dill and lemon zest. Serve chilled.

MUFFULETTA SKEWERS

Thread cubed French bread, sliced salami, cubed provolone, roasted peppers, and olives onto skewers. In a bowl combine 2 Tbsp. olive oil, 2 tsp. balsamic vinegar, ½ tsp. dried oregano, and $\frac{1}{2}$ tsp. crushed red pepper. Lightly brush over skewers. Serve at room temperature. ■



SEAL THE DEAL

Your home may be dropping clues that its envelope where interior meets exterior—is letting cold air in or warm air out. Here's how to spot and fix the problems as winter sets in.

> A chilling fact: All the leaks, holes, and gaps found around a typical home add up to the equivalent of leaving a window open every day of the year. "You want to seal off the leaks where you're losing your hard-gained warm air to prevent your dollars from going out through the cracks," says Paul Schollmeier, a home inspector, Home **Energy Score Certified** Assessor, and owner of Efficiency Detectives LLC in Winona, MN. Fortunately, there's a lot you can do yourself.

EXTERIOR DOORS

If you can see light or are able to slide a dollar bill around your door, it's leaking air. Inspect the seals and sweeps at the bottom; if they're worn, replace with ones that have pliable sealing gaskets that fit snugly against

the threshold. Add weather stripping and foam gaskets around doorjambs.

■ WINDOWS

Use incense as a low-tech leak finder. On a cold, windy day, turn off your heater, turn on any exhaust fans, and hold a lit stick near a window. If the smoke gets pulled outside or blown into the room, you've located a leak that needs caulking or weather stripping. Then consider the windows themselves: If you have older single-pane windows, you can

insulate them by installing inexpensive low-E glass storm windows. These can reduce heat loss through glass by up to 30 percent. Plastic film insulator kits are an even more budgetfriendly seasonal solution. (A hair dryer is likely required to install.)

ATTICS

Check to see whether your attic access panel or door is insulated. "If it's uninsulated, it's basically like an open door," Schollmeier says. Cut 2-inch-thick rigid foam insulation into three or four panels sized slightly smaller

than the door or cover. Glue them onto the covering in layers, then seal around lip of the opening with rubber weather stripping.

BASEMENTS

Rim joists—the band of wood that rests on a basement's foundation walls—are often left uninsulated. Cut rigid foam insulation to fit against the joist, filling any gaps wider than ¼ inch with expanding foam. Seal the edges with acrylic caulk.

SMALL STUFF

Add store-bought foam gaskets behind the

outlet and switchplate covers on exterior walls. Look around for the places where utilities enter your house. Fill gaps around plumbing or wires with caulk or insulating foam.

15 PERCENT Average amount homeowners



DEEP DIVE

To learn about different types of weather stripping and installation tips, hover your smartphone camera over this code.



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DON'T SWEAT THE SMALL STUFF, JUST NAIL THE BIG STUFF.

What's another teeny, tiny stain? You've got more important things to think about—like making sure your kids are buckled correctly in the right seat for their age and size.

Check at NHTSA.gov/TheRightSeat





a new leaf

Who says holiday evergreens have to come from conifer trees? **Stephanie Watkins,** the blogger behind *Casa Watkins Living,* puts another kind of popular greenery—houseplant foliage—to creative use.



THE TREE

To create a botanical look inspired by her favorite tropical destinations,
Stephanie tucked faux houseplant foliage among the branches of a prelit tree. Spider plants, philodendrons, ferns, and others provide a mix of leaf shapes and textures. A palm frond tops the tree instead of a star.



THE SKIRT

Stephanie continues
the tropical botanical
theme with faux
orchids in a collection
of baskets around
the base of the tree.



THE MANTEL

She uses what she calls "organic asymmetry" on the mantel. Candles anchor one side; fir sprigs and a garland of fabric elephants that fit her global bohemian style adorn the other.





CRAFTED FOR KWANZAA

Blogger Amber Kemp-Gerstel marks the holiday with paper interpretations of iconic elements and the personal connection that comes from something handmade.



PRINTED WRAPPING **PAPER**

Amber wanted to incorporate the vibrant colors and geometric patterns of traditional handwoven kente cloth into her Kwanzaa gift-giving. Modern technology did the trick, helping her turn the designs of her African textiles into wrapping paper using a laptop and printer-scanner. "All you do is scan your fabric, then print it," she says. For large sheets, "you can use photoediting software to duplicate your scan."

cards to make at home

Amber's affinity for paper crafts a hallmark of her popular blog, Damask Love—led to last year's launch of YayDay Paper Co., an online source for printable stationery, crafting supplies, and planner

embellishments. The membership site offers a subscription for original digital designs you can download and print at home plus access to special collections, including these Kwanzaa greeting cards, *right*. ■ \$7 for printable Kwanzaa cards and envelope liners (three designs each); yaydaypaper.com/shop

Envelope liners are an instant card upgrade, Amber says.





KID-FRIENDLY KINARA Paper flames on this candelabra, known as a kinara, enable little hands to help with the Kwanzaa tradition of lighting a candle daily from December 26 to January 1. To make: 1 Cut one 6-inch piece and six 5-inch pieces from a 1-inch-diameter dowel. 2 Paint the 6-inch dowel with black craft paint and the remaining dowels green and red.

3 For the base, cut and paint a scrap of wood. 4 Using a small bit, drill a hole in the top of each dowel. 5 Hot-glue dowels to the base. 6 Cut flame shapes from yellow and orange paper; glue together with short wires (that fit holes) sandwiched between.



manners

Holiday parties, work emails, thank-yous—these situations and more prompt need-to-know politesse for the modern era. We're here to help you, courtesy of the experts, thank you very much.

POBODY'S NERFECT

But the point of etiquette isn't perfection anyway. It's not really about grabbing the right fork either. "Everybody thinks that etiquette is so vastly different from years before, and while Emily [Post] obviously never wrote about Instagram or Zoom weddings, the truth is that it's not as different as we would think," says Lizzie Post, great-greatgranddaughter of manners doyenne Emily Post and copresident of The Emily Post Institute, founded in 1946. "It's based on consideration, respect, and honesty." Ultimately, good manners are about some much-needed



The Big Event

DON'T

be a wishywashy RSVPer.

If you're not sure if you'll have a spare second

to attend your second cousin's Ugly Sweater party, tell them no right away, rather than maybe. Regardless, RSVP within 48 hours of receiving an invite. "What I hear a lot is, 'We might be out of town,"

says Chiara Riggs Sill, founder of Etiquette Moderne. "It's better to give a quick no than to wait until the last minute or to say yes then cancel. If there's any doubt, just say no."

DO cancel properly.

Things do come up: last-minute deadlines, sick Labradoodles. If it's a big event, such as a wedding, the proper way to cancel is to make sure that you let the

human kindness.

host know the moment you realize, says Elaine Swann, founder of The Swann School of Protocol. But that tactic changes the day of, when the host is likely to be quite busy. "If there's a secondary person you can contact, do so in the most expedient manner possible," she says, by text or a quick call.

DO follow up.

No response to your NYE invite? The day after your RSVP-by date, call or send out a gracious text, Sill says. Her sample script: "Will you be able to make The Event? We certainly look forward to seeing you and catching up."

DON'T

bring a project.

For example, flowers from the supermarket need to be arranged, so that gift piles illtimed work onto your host. A major no-no. You also don't want to bring anything with the expectation that it will be served. Wine or cookies are thoughtful, but they might not fit what the host has planned for the event. Sill's go-to gift is something tailored to the person, like a set of quirky cocktail napkins or a favorite champagne for the host to enjoy later.

DO send a thank-you.

A handwritten note is even better than a text or video message. "It's so wonderfully personalized because it's your actual handwriting and it takes a little bit of effort to do," Post says.

Out but waiting on a big call? Put your phone on vibrate mode so it's less distracting. "You want to look at it as little as possible," Post says.



DO put your phone away.

It sounds obvious, but ascendant TikTok stars and recent retirees alike can have trouble relinquishing their cell in social settings, especially after the pandemic left many of us more tech-addicted than ever. "Cell phone etiquette is about recognizing that we have a tool that is on us all the time and has incredible capabilities, but we

can't let it aistract us from the people we're with," Post says. "That inperson connection is still considered the more important of the two."

DO

stay classy.

In the age of screenshots and retweets, you do not want to go viral for negativity. "Do not post or comment on anything you would not say to the person's face or that you would not want on the front page of your

Sill says. And when someone inevitably posts something disagreeable? "If they're a friend, call them or invite them out to lunch for a meaningful conversation where you can really listen and understand. Do have those hard conversations, but don't do

DON'T

go rogue.

them on social

media," Sill says.

Asking before posting pictures pictures of or details about kids.

DO

speak up.

Maybe your pal used a photoediting app to whiten her nowmegawatt smile, while you look like you just rolled out of a sleeping bag. "It's perfectly acceptable to request to be untagged or the picture be taken down if it is something you feel doesn't represent you well," Sill says.



@Work Wisdom

DO proofread.

"I think some of the biggest mistakes people make with email are sending too soon without proofreading, reading aloud for tone, or attaching something [they meant to attach]," Post says.

DO hold the x's and o's.

Even over email, hugs and kisses aren't for near strangers. Until she's worked with

formal, beginning emails with a "Dear" and signing off with a simple "Best." "You really want to start off on the right foot and make a good impression so they read the rest of the email," she says.

DON'T

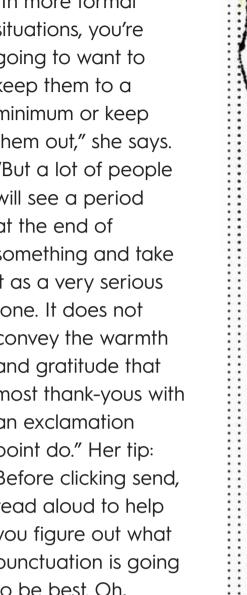
say thanks. It's unlikely advice from an etiquette expert, but Post says an end-ofemail "thank you" is overused. "Take a minute to think

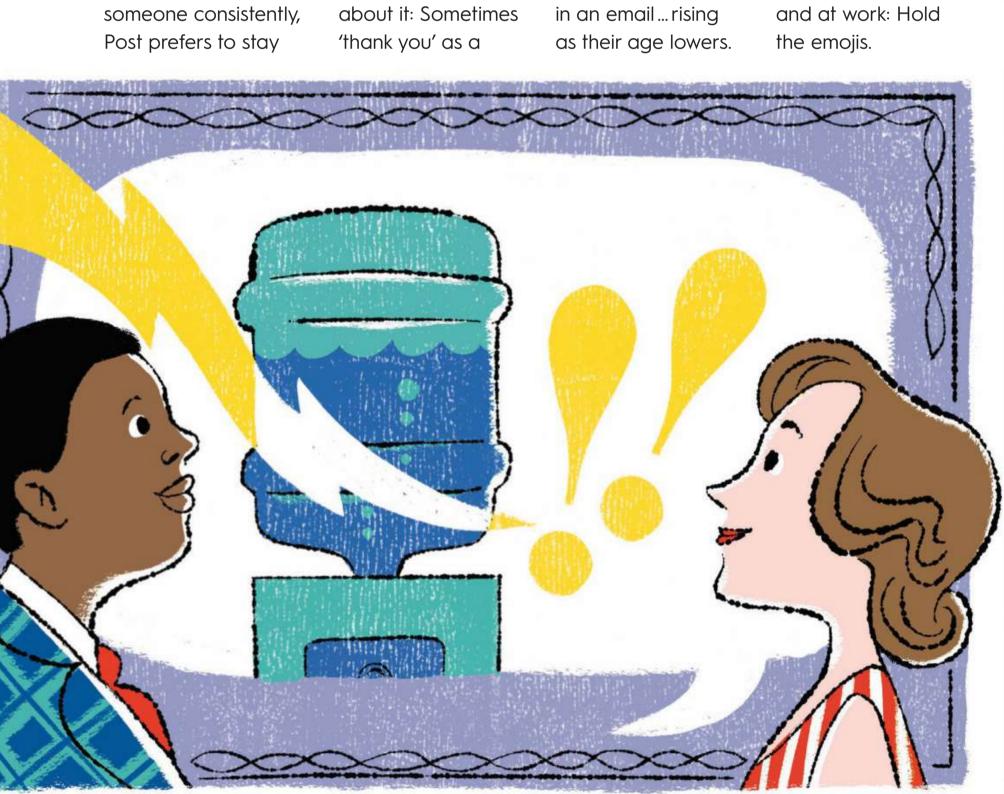
sign-off can sound very assumptive. If you've asked a question or favor of someone and then you automatically say 'thank you' before they've agreed to it, it can jump the gun a little bit." Instead, she recommends closing with "thanks for any help you can offer."

DO use! appropriate! punctuation!

Post has noticed a generational difference with how many exclamation points people use

"In more formal situations, you're going to want to keep them to a minimum or keep them out," she says. "But a lot of people will see a period at the end of something and take it as a very serious tone. It does not convey the warmth and gratitude that most thank-yous with an exclamation point do." Her tip: Before clicking send, read aloud to help you figure out what punctuation is going to be best. Oh, and at work: Hold





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ERROR REPAIR

Foot-in-mouth syndrome happens to all of us. Swann's three-step process for recovering? Acknowledge the gaffe, apologize, and move on. "Be very quick with it," Swann says. "When you keep talking about [the error] and apologizing over and over, your mistake has life." She moves on by changing the subject. "If you ask someone if they're pregnant and they say, 'No, I just gained some weight recently," you can say, 'Oh my goodness, I apologize. I should never have asked that. How silly of me! Anyway, what are your plans for the summer?"" Sill likes to lighten the mood. "Making a little bit of fun of yourself goes a long way." ■









EDITOR'S PICKS

Mascaras with the perfect combo of formula and wand.



ALL-IN-ONE

The hourglass brush and creamy formula deliver volume, length, and curl. No7 The Full 360 Ultra Mascara in **Black**, \$11; no7beauty.com



FEATHERY FRINGE

Lashes get a lifted, fannedout effect with this flake-free formula.

Lancôme Lash **Idôle,** \$26;

lancome-usa.com



CLEAN **FORMULA**

Fewer additives, all the drama. Beautycounter Think Big All-in-One Mascara, \$27; beauty counter.com

> **WE LOVE** Available in 15 styles, LoveSeen false lashes, \$20-\$24; loveseen.com

WE LOVE

L'Oréal Paris **Voluminous Original Mascara** in Deep Violet, \$9; lorealparis usa.com

Emmy-nominated makeup artist Molly R. Stern shares her top mascara tips.

→ CURL THE RIGHT WAY

"The big mistake people make is that they tend to clamp down really hard and pump, which has the effect of crimping eyelashes instead of giving them a soft curl," Stern says. "Gently grab your lashes with the curler and hold long enough to say I love myself, then release and do the other eye."

DON'T **DAWDLE**

Grab your wand and apply a few coats, then repeat on your other eye. "Mascara works better when you apply it quickly versus letting it dry," she says. "That's when it can start to get clumpy and be harder to separate."

→ WIGGLE YOUR WAND

"Get your wand as close to the base of lashes as possible and give it a little wiggle to ensure you catch every lash, then pull through," she says.

→GO LOW

If smudging is a concern for your lower lashes, try a water-resistant formula. After Stern coats those lashes, she runs a cotton swab dipped in makeup remover across the tips of the lower lashes to keep them from looking too spindly.

→THINK BEYOND BLACK

Start with a coat of a brown mascara. "Then use the wand tip of a colorful mascara to paint on a second layer—like a highlight. It adds beautiful dimension," Stern says.

Face wash isn't designed to dissolve stubborn mascara. Treat it as a separate step: Saturate a cleansing pad with micellar water or an oilbase makeup remover. Press it onto lashes for a minute before wiping, Engelman says. "It's a great way to minimize trauma and friction on the lashes and delicate skin."



BEAUTY GURU

66I really love false lash strips. Mascara can do only so much if you don't have long lashes.

Former J. Crew executive Jenna Lyons wasn't born with naturally plentiful lashes and couldn't find a faux option for everyday. Her experience inspired

her to create LoveSeen, a collection of 15 sets of reusable lashes to suit every eye shape and taste. Her top tip: "Let the lash glue get tacky first. If you pop the lash strip right on, it slides around easily. But if you wait 15 seconds, it sticks better and is easier to maneuver."



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role model

The actress, producer, author, and hair-care entrepreneur chatted with us about her style icon, how she builds self-esteem, and her tricks for making almost anything more glam, even sweatpants.



STYLE DNA

FIRST INFLUENCER

Priyanka credits her mom for her beauty and fashion know-how. "My mom was always turned out," she says. "She would go to the hospital wearing her doctor lab coat with an amazing sari, brick red lipstick, kohl eyeliner, and Dior perfume. She was such a mix of East and West, enigma and glamour. I've had that quest all my life."

COLOR THEORY

For casual days, Priyanka feels chic in matching athleisure. "Monochrome always makes you look like you've put in an effort. So even if it's sweats, if it's all the same color, somehow it looks put together," she says.

BEAUTY STAPLES

"I don't like spending too much time on glam," Priyanka says. Her go-tos

include red lipstick (which she sometimes subs as blush), mascara, and dry shampoo from Anomaly, her ecofriendly hair-care line sold at Target.

TURNING

CONFIDENCE LIST

After winning the Miss World pageant at 18, Priyanka says she struggled with insecurity as she started her acting career. "I remember feeling like I didn't belong or I wasn't good enough," she says. "What helped was turning inward and asking, How do I want to be seen? What do I need

to succeed in today? As soon as you think about how you want the universe to see you, you can create a checklist to become it."

TRAVEL TRICK

Priyanka surrounds herself with photos of family and familiar scents when she travels for work. "I love the smell of incense first thing in the morning. It makes me feel at home." ■





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eco-conscious BYDESIGN

KINDER TO TREES

This biodegradable tube is made from Forest Stewardship Council (FSC)-certified paper, which means the wood is sourced in a way that directly supports a sustainably managed forest.

Pardon the cliché, but these brands are thinking outside the box, bottle, and tube to minimize waste and limit impact on the planet with sustainable products and packaging.

A BETTER BOTTLE

This bottle is made from 100 percent post-consumer recycled plastic, or PCR, and its outer carton is created from a sugarcane byproduct rather than trees.

4

6

SUSANNE KAUFMANN"
Ölbad für die Sinne

Oil Bath For The Senses

3

250 ml (8.5 FL OZ)

1 Aluminum-free
Pāpr Deodorant
(\$14; paper
cosmetics.com)
comes in five odor

comes in five odornixing scents and a sensitive formula without fragrance or baking soda. The push-up tube is printed with soy ink (rather than petroleum-derived). 2 With a cocoa butter base that's free of added preservatives and synthetic ingredients, this solid moisturizing bar melts into your skin like, well, "buttah." Kate McLeod Daily Stone (\$38; katemcleod.com) Come for the luxuriously scented, spa-like soak. Stay for the commitment to sustainable production and packaging (like reusable, recyclable glass). Susanne Kaufmann Oil Bath for the Senses (from \$36; susanne kaufmann.com)

A Sk*p Face +
Body Cleanser (\$18;
skpgen.com) is
gentle and soothing,
and features a
bio-fermented
honey extract that
helps balance skin's
microbiome. Plus,
the water-resistant
carton is recyclable.

face + body

CLEANSER

O H.oz. (295.7

multiple half-used palettes, consider MOB Beauty Refillable Compact 1+ Eyeshadow (\$30; mobbeauty.com). It's customizable, refillable, and made from PET, an easily recycled plastic.

5

infused with mineral-rich seawater, Honest Beauty Save Face Shielding Setting Spray (\$22; honest .com) sets makeup with a fine mist and leaves skin lightly hydrated without silicone or synthetic fragrances or dyes.

SHIELDING SETTING SPRAY **ADVERTISEMENT**

WHOLEISTIC BEAUTY:

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The first step towards a sustainable beauty routine can be as easy as switching your shampoo from bottle to bar. With Garnier Whole Blends Shampoo Bars, you get the cleansing care and lather of a liquid shampoo with zero plastic packaging. These nourishing bars are made of 94% plant-based ingredients and are blended without silicones, preservatives, soap or dyes. Bonus: one bar will last up to 40 washes. With four plant-based blends, there's a bar to meet your hair needs. Find yours at Amazon.







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Wet the Shampoo Bar until it's foamy.



STEP 2:

Work the Shampoo Bar into your wet hair and lather from root to tip.



STEP 3:

Massage your scalp and then rinse. Follow with your favorite Whole Blends conditioner or treatment.



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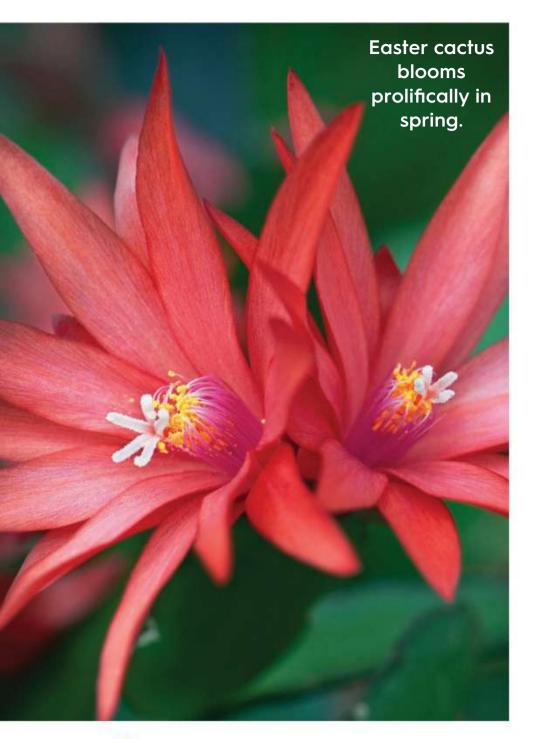


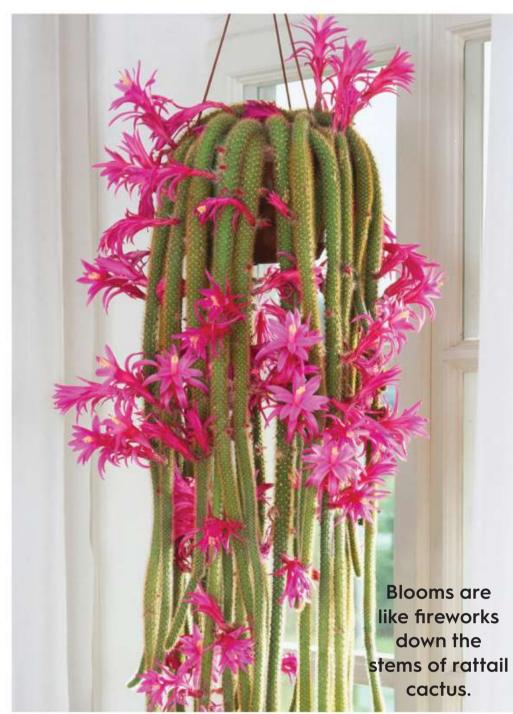


ready to gift Flowering Thanksgiving cacti, above, and Christmas cacti are natural gifts this time of year. (Most other epiphytic cacti bloom in spring or summer.) But the unique forms of other types make them highly giftable as well. Keep them in their nursery pots and place in simple cachepots to show off their shapes and flower colors.









ANYONE CAN GROW EPIPHYTIC CACTI, says Angel Lara, greenhouse manager at Marie Selby Botanical Gardens in Sarasota, FL, the only botanical garden in the world dedicated to the display of epiphytic plants. The plants simply need regular water, indirect light, and a relatively warm spot in the house. They're also easy to propagate: "They'll root anywhere," he says, earning them the nickname "friendship cactus."

SOIL

Potting mixes designed for orchids are a good start. Mix in about onethird as much peat moss (available at garden shops), Lara suggests, to increase moisture retention. If you buy a rooted cutting directly from a grower, plant it in a pot only slightly larger than the root system. Any pot you choose should have drainage holes. It is a good idea to put plastic pots in heavier, decorative cachepots, especially for top-heavy cacti that might tip over.

LIGHT

In nature, these cacti grow in indirect light—not direct sunlight. Mild morning light is fine, but avoid bright afternoon exposures.

WATER + **NUTRIENTS**

Epiphytic cacti originated in regions that get more than 100 inches of rainfall a year but are fine with considerably less. If the stems droop suddenly, it's time to water. In general, water every other week with

room-temperature water, allowing the pot to drain thoroughly. As flower buds form, reduce watering frequency. After plants finish blooming and once new growth starts, fertilize monthly with a water-soluble fertilizer at half strength through summer.

TEMPERATURE

Most epiphytic cacti do not tolerate frost; in fact, they need temperatures above 50°F to flourish. The ideal range is 70°F to 90°F. Keep the plants indoors in winter. If you like, you can

move them to a shady spot outdoors in summer.

PROPAGATION

Break off a piece of a plant at a growth node (where a leaf meets a stem) and plant it directly in potting mix. Water lightly. Roots should develop within a couple of weeks.

SOURCES

Many garden shops carry holiday cacti in the fall. For more variety and unusual specimens, check *logees.com* or search "epiphytic cactus" on etsy.com. ■

VARIETY PACK

Each of these is prized for its characteristic architecture.



Orchid cactus

Exotic, fragrant flowers open at night.



Shark tooth cactus

The dramatic flat leaves spill gracefully from a pot.



Hairy-stemmed rhipsalis

Stems branch at the tips and sport fuzzy tufts.



Thanksgiving cactus

Blooms from November through the holidays.



Dog-tail cactus

Great in hanging baskets. This one has short, sharp spines.



Dancing bones

Yellow flowers bloom in spring on the pudgy stems.



Fishbone cactus

Smooth rickrack stems grow up to 12 inches long.



Rhipsalis cereuscula

Twiggy stems support many short branches.





MORE MAGICAL MOMENTS

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In a study of newly diagnosed advanced NSCLC patients, half of those on OPDIVO + YERVOY were alive at 17.1 months versus 14.9 months on platinum-based chemotherapy.

Thank you to all the patients, nurses, and physicians in our clinical trials.

Results may vary. OPDIVO® + YERVOY® is not approved for patients younger than 18 years of age.

Indication & Important Safety Information for OPDIVO (nivolumab) + YERVOY (ipilimumab)

Only your healthcare professional knows the specifics of your condition and how OPDIVO in combination with YERVOY may fit into your overall therapy. The information below does not take the place of talking with your healthcare professional, so talk to them if you have any questions.

What are OPDIVO and YERVOY?

OPDIVO and YERVOY are prescription medicines used to treat people with a type of advanced stage lung cancer called non-small cell lung cancer (NSCLC). OPDIVO may be used in combination with YERVOY as your first treatment for NSCLC when your lung cancer has spread to other parts of your body (metastatic) and your tumors are positive for PD-L1, but do not have an abnormal EGFR or ALK gene.

It is not known if OPDIVO and YERVOY are safe and effective when used in children younger than 18 years of age.

What is the most important information I should know about **OPDIVO and YERVOY?**

OPDIVO and YERVOY are medicines that may treat certain cancers by working with your immune system. OPDIVO and YERVOY can cause your immune system to attack normal organs and tissues in any area of your body and can affect the way they work. These problems can sometimes become serious or life-threatening and can lead to death and may happen anytime during treatment or even after your treatment has ended. You may have more than one of these problems at the same time. Some of these problems may happen more often when OPDIVO is used in combination with YERVOY.

Call or see your healthcare provider right away if you develop any new or worse signs or symptoms, including

- Lung problems: new or worsening cough; shortness of breath; chest pain
- Intestinal problems: diarrhea (loose stools) or more frequent bowel movements than usual; stools that are black, tarry, sticky, or have blood or mucus; severe stomach-area (abdominal) pain or tenderness
- Liver problems: yellowing of your skin or the whites of your eyes; severe nausea or vomiting; pain on the right side of your stomach area (abdomen); dark urine (tea colored); bleeding or bruising more easily than normal

- · Hormone gland problems: headaches that will not go away or unusual headaches; eye sensitivity to light; eye problems; rapid heartbeat; increased sweating; extreme tiredness; weight gain or weight loss; feeling more hungry or thirsty than usual; urinating more often than usual; hair loss; feeling cold; constipation; your voice gets deeper; dizziness or fainting; changes in mood or behavior, such as decreased sex drive, irritability, or forgetfulness
- Kidney problems: decrease in the amount of urine; blood in your urine; swelling in your ankles; loss of appetite
- Skin problems: rash; itching; skin blistering or peeling; painful sores or ulcers in mouth or nose, throat, or genital area
- Eye problems: blurry vision, double vision, or other vision problems; eye pain or redness

Problems can also happen in other organs and tissues. These are not all of the signs and symptoms of immune system problems that can happen with OPDIVO and YERVOY. Call or see your healthcare provider right away for any new or worsening signs or symptoms, which may include:

- Chest pain; irregular heartbeat; shortness of breath; swelling of ankles
- Confusion; sleepiness; memory problems; changes in mood or behavior; stiff neck; balance problems; tingling or numbness of the arms or legs
- Double vision; blurry vision; sensitivity to light; eye pain; changes in eye sight
- Persistent or severe muscle pain or weakness; muscle cramps
- Low red blood cells; bruising

Getting medical help right away may help keep these problems from becoming more serious. Your healthcare team will check you for these problems during treatment and may treat you with corticosteroid or hormone replacement medicines. Your healthcare team may also need to delay or completely stop your treatment if you have severe side effects.

What should I tell my healthcare provider before receiving OPDIVO and YERVOY? Before you receive OPDIVO and YERVOY, tell your healthcare provider about all of your medical conditions, including if you:

- have immune system problems such as Crohn's disease, ulcerative colitis, or lupus
- have received an organ transplant



- have received or plan to receive a stem cell transplant that uses donor stem cells (allogeneic)
- have received radiation treatment to your chest area in the past and have received other medicines that are like OPDIVO
- have a condition that affects your nervous system, such as myasthenia gravis or Guillain-Barré syndrome
- are pregnant or plan to become pregnant. OPDIVO and YERVOY can harm your unborn baby
- are breastfeeding or plan to breastfeed. It is not known if OPDIVO or YERVOY passes into your breast milk. Do not breastfeed during treatment with OPDIVO or YERVOY and for 5 months after the last dose of OPDIVO or YERVOY

Females who are able to become pregnant: Your healthcare provider should do a pregnancy test before you start receiving OPDIVO or YERVOY.

- You should use an effective method of birth control during your treatment and for at least 5 months after your last dose of OPDIVO or YERVOY. Talk to your healthcare provider about birth control methods that you can use during this time.
- Tell your healthcare provider right away if you become pregnant or think you are pregnant during treatment with OPDIVO or YERVOY. You or your healthcare provider should contact Bristol Myers Squibb at 1-844-593-7869 as soon as you become aware of the pregnancy.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Know the medicines you take. Keep a list of them to show your healthcare providers and pharmacist when you get a new medicine.

What are the possible side effects of OPDIVO and YERVOY?

OPDIVO and YERVOY can cause serious side effects, including:

- See "What is the most important information I should know about OPDIVO + YERVOY?"
- Severe infusion reactions. Tell your healthcare team or nurse right away if you get these symptoms during an infusion of OPDIVO or YERVOY: chills or shaking; itching or rash; flushing; shortness of breath or wheezing; dizziness; feel like passing out; fever; back or neck pain

Complications, including graft-versus-host disease (GVHD),
 of bone marrow (stem cell) transplant that uses donor stem
 cells (allogeneic). These complications can be severe and can
 lead to death. These complications may happen if you underwent
 transplantation either before or after being treated with OPDIVO
 or YERVOY. Your healthcare provider will monitor you for these
 complications.

The most common side effects of OPDIVO when used in combination with YERVOY include: feeling tired; diarrhea; rash; itching; nausea; pain in muscles, bones, and joints; fever; cough; decreased appetite; vomiting; stomach-area (abdominal) pain; shortness of breath; upper respiratory tract infection; headache; low thyroid hormone levels (hypothyroidism); decreased weight; and dizziness.

These are not all the possible side effects of OPDIVO and YERVOY. Call your doctor for medical advice about side effects.

You are encouraged to report side effects of prescription drugs to the FDA. Call 1-800-FDA-1088.

OPDIVO (10 mg/mL) and YERVOY (5 mg/mL) are injections for intravenous (IV) use.

This is a brief summary of the most important information about OPDIVO and YERVOY. For more information, talk with your healthcare providers, call 1-855-673-4861, or go to www.OPDIVO.com.

Bristol Myers Squibb

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10 LIVING ROOM

On the mantel, Aurelie bulked up a wispy cedar garland with eucalyptus sprigs, a strand of felt balls (from Pearl and Jane on Etsy), and part of her bottle-brush tree collection. The trees show up again on the sofa table, where Aurelie gave them a little extra height with a base of 4"×4" lumber. Drill holes (she suggests starting with a skinny $\frac{7}{64}$ " drill bit) and glue in the wire trunks.

3 WREATH

Aurelie personalized a huge front door wreath with dried orange slices and velvet ribbon. "Velvet is my favorite holiday trim," she says.









home / decorating

O HOT COCOA **BOMBS**

Plunk one of these homemade balls into a mug, pour in hot milk, and boom! Extra-rich hot chocolate. Aurelie makes the shells with melted chocolate in silicone molds, then fills them with hot cocoa mix, mini marshmallows, and sprinkles. See complete instructions at BHG.com/ ChocolateBomb.

OPEPPERMINT SQUARES

Aurelie stocks the Advent calendar with a few names of festive activities, like making these graham crackers.

OPOM-POMS

A jumbo pom-pom maker is Aurelie's key crafting tool. She wraps on a mix of yarns and uses her creations anywhere that needs a little dressing up.

ADD-ONS

Crushing candy canes is half the fun. Also try pretzels, nuts, or crisp





66 Last year we were grumpy that we couldn't do all our traditions, so we tried to make home extra magical. 9 AURELIE ERIKSON









Discover

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Winter Botanicals
Collection











A. 12-Piece Winter Botanicals Dinnerware Set, \$41.96 Online only

B. Winter Botanicals Appetizer Platter, \$12.96 C. Winter Botanicals Large Platter, \$16.98 Online only

D. Winter Botanicals Baker, \$12.98 E. Winter Botanicals Serve Bowl, \$12.96

Selections and prices may vary by store and online.





mixtape

We're stuck on these clever gift-wrapping ideas featuring washi, masking, and duct tapes in place of traditional bows.



Artist Angela Chrusciaki Blehm is known for ribbons, but when it comes to wrapping gifts, she's all about decorative tape. For this abstract Christmas tree design, she uses several shades, widths, and finishes of green washi and glitter tapes stacked on a wrapped box. In a few spots, she layers on a narrow strip of a contrasting tape for fun. (Find similar tapes at crafts stores for \$2 to \$3 per roll.)





Her eye-popping artwork features rainbow-bright colors, bold shapes, and lots (lots!) of ribbons and bows.

OK, WHY ALL THE **RIBBONS?**

"There's just this feminine quality to them that I love. When you supersize them, it instills this importance to them."

WHY DIY YOUR **GIFT WRAP?**

"A beautiful or cleverly wrapped box says, I'm excited about this gift and You are special."

SECRET WEAPON?

"Resourcefulness. I love to use simple everyday elements to make something unique and fun."



MAKE IT YOURSELF

Hover your smartphone camera over this code for our tape bow template.



→ TIE ONE ON

"I like to reduce bows and ribbons to their basic shapes and contours, making the undulations more graphic and hard-edged for a pop," Angela says. For each bow, you'll need two similar colors of tape in the same width to mimic the ribbon

front and back. Get our template by scanning the smart code, left, then use scissors (or a craft knife on a self-healing mat) to cut the tape into the trapezoids that make the bow. "This one takes more time but is worth it," Angela says. She suggests that you put it on the lid of a reusable box.





STAR POWER

This design only looks complicated. First stick on duct tape in a cross shape. Then add masking tape in a starburst pattern over the cross, trimming the ends to V's. For the topper, cut cardstock (or stick washi tape to cardstock, then cut) into thin strips of varied lengths to create the desired diameter. Overlap the strips at the center in a starburst, securing each with a dot of hot glue. Top with a round sticker.

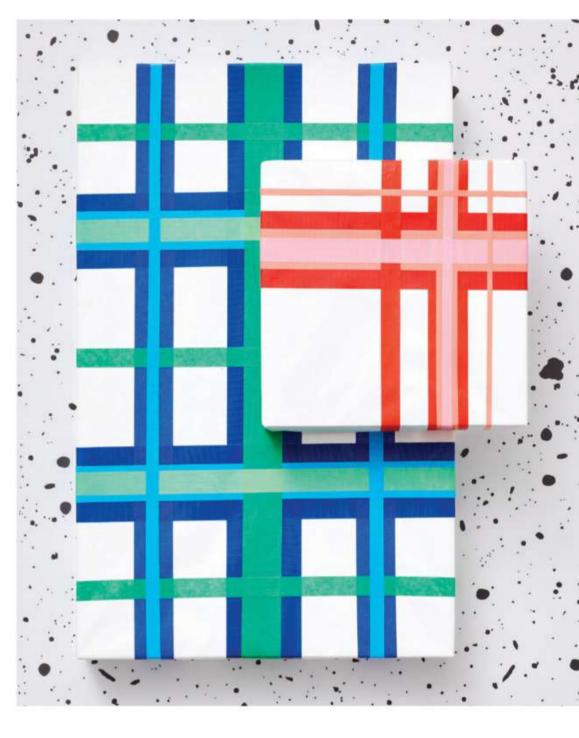
"The confetti design is the easiest to do," Angela says. "I like overlapping some of the strips and using different shades of the same colors." Start with the widest tapes and dark colors; apply a few pieces to the wrapped box, then stick on the lighter, narrower tapes randomly until the package looks festive. Angela also likes to add a surprise blackand-white pattern, like the irregular dots or her signature stripe, in a few places.

ANGELA SAYS

are easy, but a box dressed to the nines is special. People appreciate a beautiful gift, and it is a blast to create it."



"I like to do an allover plaid or one that's offset a little," Angela says. Start by sticking down a couple vertical and horizontal strips in your widest tape. Then alternate layers of skinnier tapes to create the warp and weft. "Mixing colors and shades gives instant depth," she says. ■









CHECK OUT REVEAL MAG The Scott brothers' latest issue is full of holiday inspiration. On sale now at newsstands and Magazine.Store/Reveal.

START WITH ART To establish a mood and color palette, play around with art. A large piece draws eyes and provides a style starting point. Lean frames against the wall for a less formal look (they're easy to swap) or hang them for a more finished feel.

GO GREEN Plants in pretty pots are winners year-round, and seasonal fresh flowers or branches bring in color and drama. For the holidays, call on fragrant greenery like eucalyptus or juniper. Simply lay branches on the mantel in strategic spots.

LIGHT IT UP Candlelight brings coziness to any scene. A grouping of three or more candles in varying heights and holders will make the mantel extra festive. If you're nestling candles among greenery, use the flameless variety for safety.

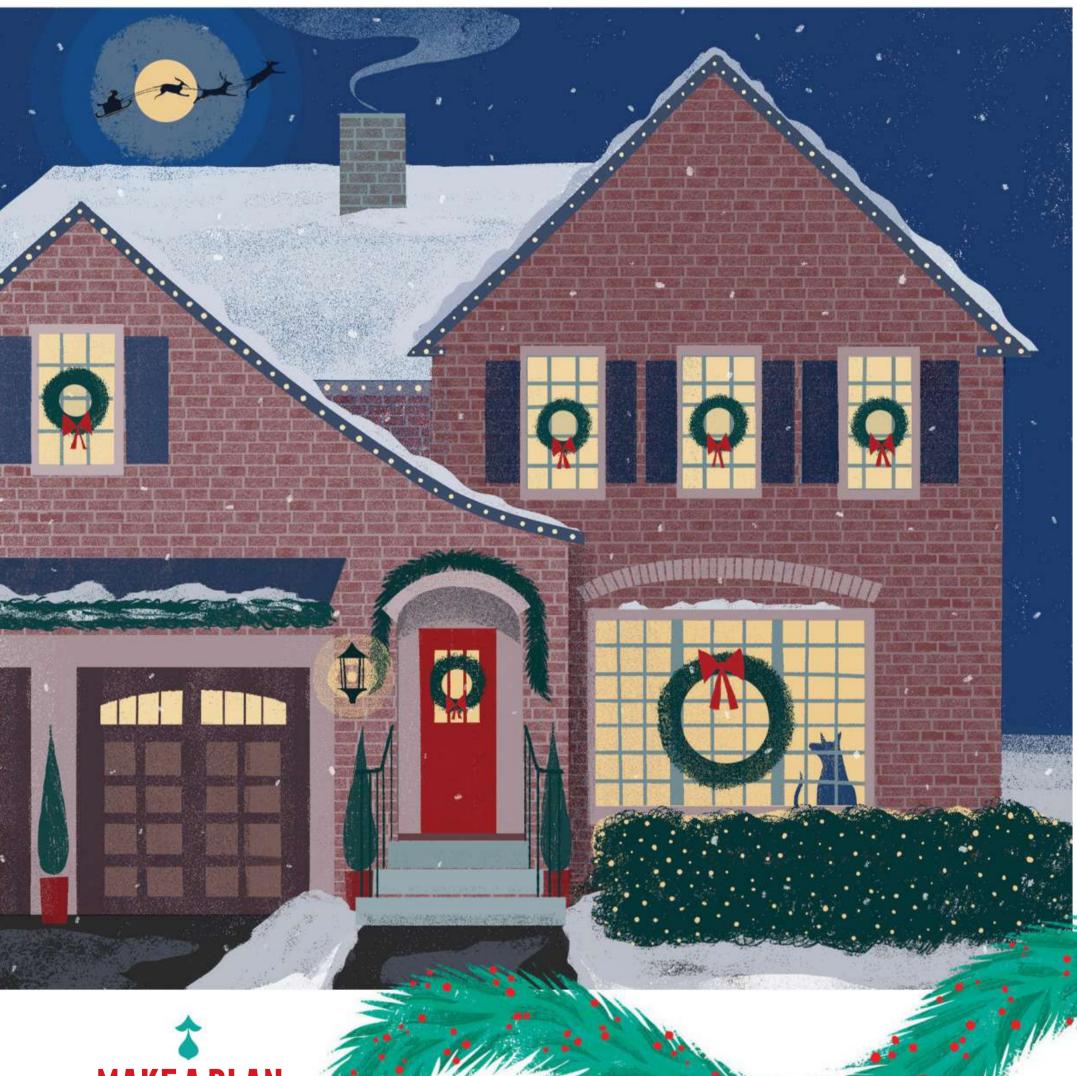
ADD MEANING Displaying the brass owl that belonged to your grandmother or the ceramic bowl you got in Mexico adds personality and will make you happy every time you see it.

MIX & MATCH Accessories, vessels, and art should be a mix of old and new, treasured splurges and budget scores, materials, and finishes. The result will be a mantel that looks layered and all your own.



deckthehouse

Ready to earn your home the title of best dressed for the holidays? We'll teach you how to go all out without going overboard.



MAXIMUM OF



COLORS

To create a bold, harmonious scheme, designers recommend using one or two colors consistently in all types of decorations: ornaments, garlands, ribbons. You can't go wrong with classic red and green, red and white, or green and white. Use silver or gold by itself or paired with any other color.

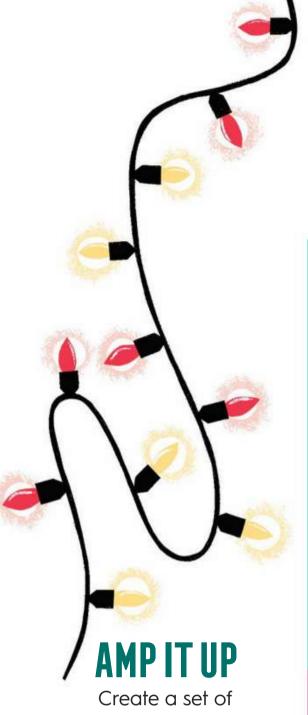
CHANGE IT UP

Use only white lights on the house and one accent color in lights on trees and bushes.

MAKE A PLAN

The best outdoor schemes are cohesive so require planning.
Identify your look and stick with it, says Kelly Fitzsimmons, owner of Light Up Your Holidays, a Chicago-based outdoor holiday decorating company.

ON BALANCE The interior design rule of three—that an odd number helps add interest and achieve balance—applies outside too. Choose three spots to decorate and make sure a strong visual element, such as greenery, appears in each place. Designer Heather Luckhurst (settingforfour.com) suggests this surefire trio: the front door, the porch or stoop, and garage light fixtures.



custom lights using replacement bulbs for C7 or C9 strings. Alternating white and red lights every two or three bulbs, for example, gives you a candy cane look along a roofline or porch railing.

Percentage of people who say they

FOR MORE THAN 30 DAYS SOURCE: 2021 BH&G®

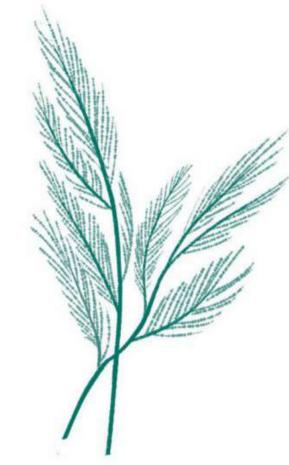
Trees grouped together make a stunning impact-even more so when they're illuminated with lights.

> COURTNEY WARREN interior designer



the curb. • You can light a display where a plug-in cord won't work, like the wreath on your door. They come in all sizes, including teeny fairy lights and big globes. • Some have a built-in timer or remote control.

Be sure to choose lights rated for use outside (even on a porch).



a mix that matches

Aim for matching elements. Choose one greenery type and use it everywhere. "Trees should all have matching lights, and wreaths should be the same size on every window," says interior designer Courtney Warren (@courtney warrenhome on Instagram). "If there isn't consistency, the items will begin to look messy and overpower each other."

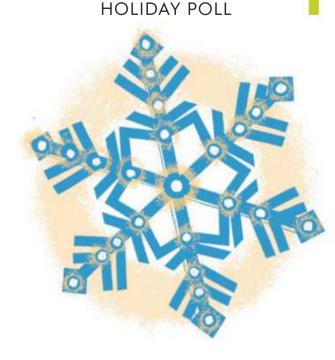


ASSEMBLE A SET Keep a themed look from going too far by choosing a motif that naturally inspires the use of multiples. Think snowflakes, ball ornaments, bows, winter toys, or snow-dusted pinecones rather than Santas or snowmen.



.

••For a supercool look on trees, mix strings of different-size warm white bulbs together, such as C9 and mini lights. **KELLY FITZSIMMONS**



FRESHFILES

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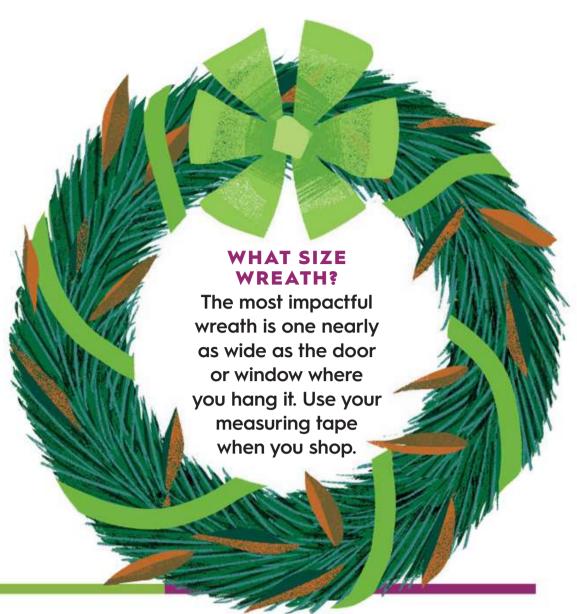
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home outdoor decorating

Matching ribbons tie an assortment of elements together with a festive touch. One simple scheme Warren recommends is using big bows of the same ribbon on a large front door wreath, on small wreaths hung from garage lights, and around pots holding matching trees on the porch.





BEAMS Garden spotlights— FOR THE plug-in lights on **SEASON** stakes available for

less than \$10 each at home and garden centers—aren't only for landscaping. Luckhurst sticks them in holiday planters flanking her front door.

"They add such a gorgeous holiday glow and twinkle to the greenery," she says.

POWER IN NUMBERS

Some adornments bear repeating.

- Line the roof with two strands of lights, offsetting the strands to double the visible bulbs. Use florists wire to connect two wreaths—one small enough to fit inside the other.
- Fill glass lanterns with ball ornaments.

Percentage of people who before Thanksgiving

SOURCE: 2021 BH&G® HOLIDAY POLL



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'vs. original ARM & HAMMER™





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[‡]vs. original ARM & HAMMER



all dressed up This home's year-round jewel-tone and metallic palette sparkles

extra bright at Hanukkah, thanks to a few handmade touches.



anukkah is the festival of lights, and Toronto-based designer Jessica Waks helped this home shine for the holiday. When she decorated the space—owned by a childhood friend—a few years ago, Waks leaned into her friend's lifelong affinity for rich blues and greens. The tones come alive in patterns like dots on the armchairs and damask on the rug. Happily, the palette also makes a striking backdrop for Hanukkah's traditional blues and metallics. "The deep jewel tones really set off the shimmer of gold and brass elements," Waks says.

⋖ SOLID BASE

In the living room, a brass and marble console anchors the Hanukkah decor, which includes glass jars filled with chocolate gelt and a modern brass menorah with speckled candles.



When you use DIY decor, there's something very meaningful about it versus buying from a store. Guests and family can tell everything comes from the heart.

home/holidays

Y TABLE SETTING

designer JESSICA WAKS

Layering sapphirebanded plates and gold-rimmed chargers makes the setting more festive. The cloisonné dreidels at each place were a lucky Crate & Barrel find.







A TABLE MANNERS

Royal blue velvet and brass nailhead trim on inspired the aesthetic embroidered runner made from a remnant of the custom window treatment fabric ties the look together.

CLEVER SPARK

Waks dressed up basic matchboxes with gold washi tape (top box) and blue leopard-spot wallpaper (bottom).







Holidays are better with mand m







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imeto

For adventurers and outdoor enthusiasts: goods and gear for getting out and about.

RAINBOW MULTI

TOOL For repairs on the go, this compact gadget has tools aplenty. \$18; kikkerland.com or amazon.com

TRAVEL CAPSULES

Reusable magnetic containers ($\frac{1}{2}$ oz.) for lotions, vitamins, or jewelry. \$42 for three; keepyourcadence.com

3 CHUNKY TORTOISE

CHAIN Keep face masks or eyeglasses handy. \$20; gabrielsimone.com

4 PLASKET BASKET

\$40; electra.trekbikes.com

CORKCICLE SLING

BAG A tote to hold your water bottle (sold separately) and everyday essentials. \$45; corkcicle.com

PRIMARY RECYCLED

LEATHER Passport case, wallet (each \$25), and luggage tag (\$15) with pink and rust color-block designs. store.moma.org

AIRTAG KEY RING

A snap closure case for your Apple AirTag (not included). \$25; riflepaperco.com

8 ORIGINAL **DUCKHEAD UMBRELLA**

Rainy days are brighter with this umbrella made from recycled fabric. \$34; letterfolk.com

FAUX FUR POM POM

HAT Add a monogram (\$12.50) to make it extra special. \$39; markandgraham.com











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Giving?
Youtime
Meaningful

ways to volunteer.

VOLUNTEER VIRTUALLY

Can't help out in person? Give back virtually or from home—design a website or provide foster care for pets.

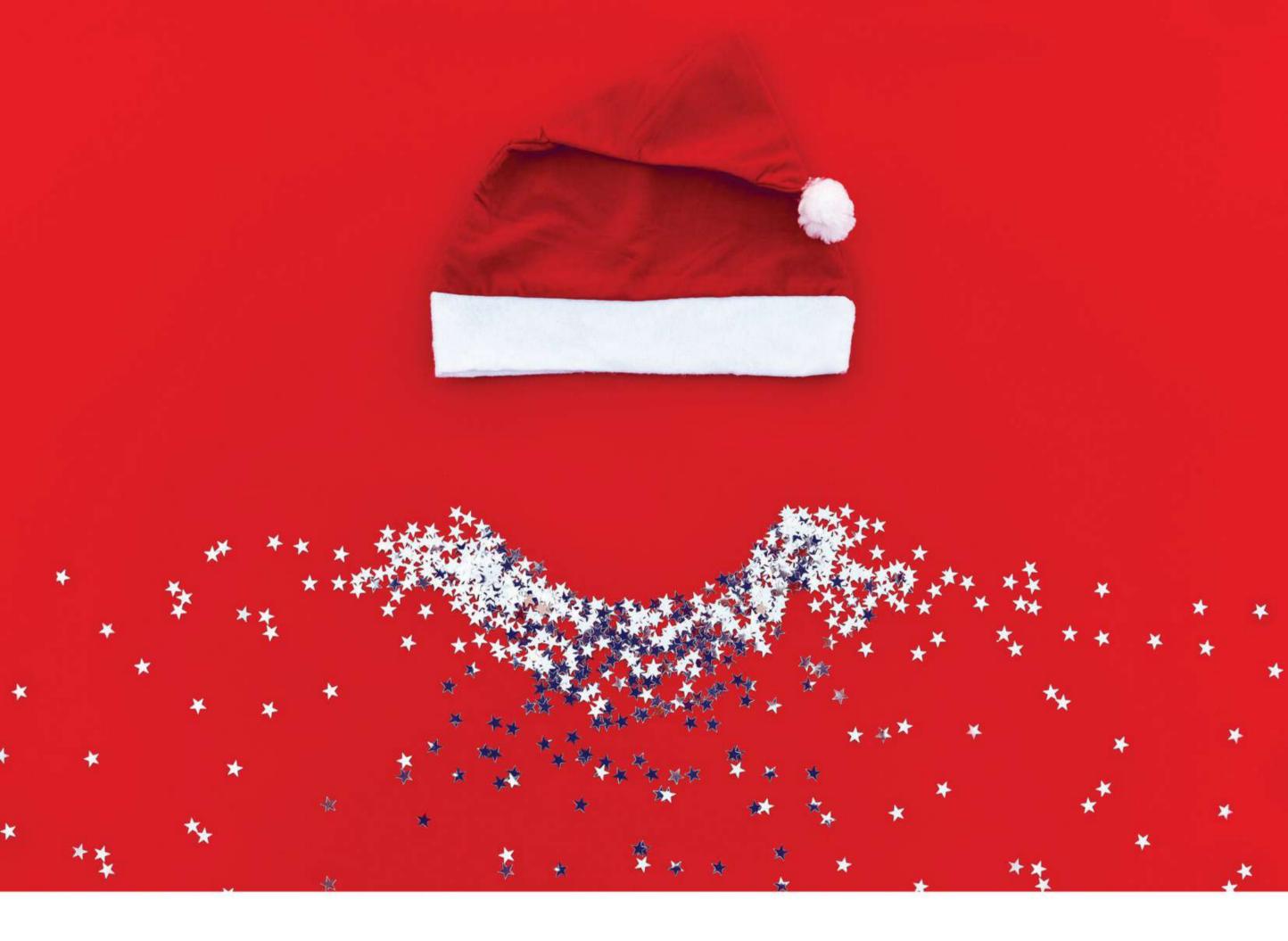
Volunteermatch.org matches your skills with charities.

ASSIST SENIORS

Reach out to community senior centers, nursing homes, or an elderly neighbor to help with shopping, shoveling, or sending cards.

HELP WITH LOGISTICS

Food and toy drives are popular during the holidays. Organizations need help collecting, organizing, and distributing donations.



SANTAHAT Let's make some big wishes come true.

Christmas is a time of magic, hope and belief. Around the world, children are anxiously creating their wish lists. While some are wishing for new doll houses and toy cars, others are wishing for necessities like food and water. This year, join an incredible team of everyday Santas and Heifer International to ensure these wishes come true.

BE SOMEONE'S SANTA AT HEIFER.ORG/BETTERHOMES.







THE KING 3D POSTER Punch-and-fold paper puzzle art. \$20; burkedecor.com 22 ECO STARS CRAYONS Made from recycled crayon bits. \$20 for 30; crazycrayons.com 3 AMECHAN BUBBLE WAND SET \$25; us.kikoandgg.com HAY PLAY YATZY A Scandinavian version of Yahtzee. \$35; dwr.com 5 CALI VIEWS PUZZLE By artist Domonique Brown, it comes in a glass jar and with glue for framing. \$40; jiggypuzzles.com & AMERICAN SIGN LANGUAGE BLOCKS Build your sign language skills. \$46; unclegoose.com 7 UKULELE Learn to play with the included flash cards or companion Loog Guitar app. \$79; loogguitars.com







These toys, treats, and gear guarantee tail-wagging fun for your own fur baby or your pet-loving pals.

T-REX PLUSH DOG

TOY Durable—even for tenacious squeakerseekers. \$16; roccoandroxie.com

2 DENIM SCRUNCHIE AND BANDANA SET

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GUMMI LEADSLightweight silicone for stylish walks. From \$25:

stylish walks. From \$25; shopbop.com

PERSONALIZED PET TAGS Add your pet's name and contact info. \$20-\$30; thesaltyhut.etsy.com

Peanut butter, carob, and vanilla dog biscuits. \$5; boccesbakery.com

TUNNEL CAT

Cardboard, sisal, and cat-approved. \$25; target.com

MODERN MICE

\$8 each; modern beast.com

WATER-RESISTANT COLLAR Handmade and looks like leather. Proceeds support animal rescue organizations. \$30; foundmyanimal.com ■



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To browse our online gift guides (and make purchases on the spot), hover your smartphone camera over the code.











[STOCK THE PANTRY]

GINGER 4 WAYS

Each form has best uses, so it's worth keeping them all on hand.



FRESH

Before using, scrape skin off gingerroot, then grate, mince, or thinly slice fibrous flesh. Store whole ginger wrapped in the fridge crisper for up to 1 month or freeze up to 6 months.



PASTE

Found in refrigerated tubes, jars, and frozen cubes, the puree makes it easy to add ginger to anything.



GROUND

More pungent and spicier, the powder is ideal for baked goods and spice mixes.



CRYSTALLIZED

Fresh ginger is simmered in syrup and rolled in granulated sugar. Enjoy as-is or minced and stirred into baked treats.







SPICED GINGER-SCALLION OIL

Traditional Cantonese ginger-scallion oil is a mix of raw chopped scallions and fresh ginger tossed into hot oil. Our version includes a few enticing extras—star anise, cardamom, and peppercorns—to add a spice layer of the nonheat sort. Spoon it onto anything that needs a little extra zip or try these ideas.

ROASTED VEG TOSS

Toss halved baby bok choy or broccoli florets with some of the oil. Roast veggies at 425°F until tender.

2

DIPPING SAUCE

Thin some of the oil with soy sauce. Use as a dipping sauce for wontons, dumplings, or pot stickers.



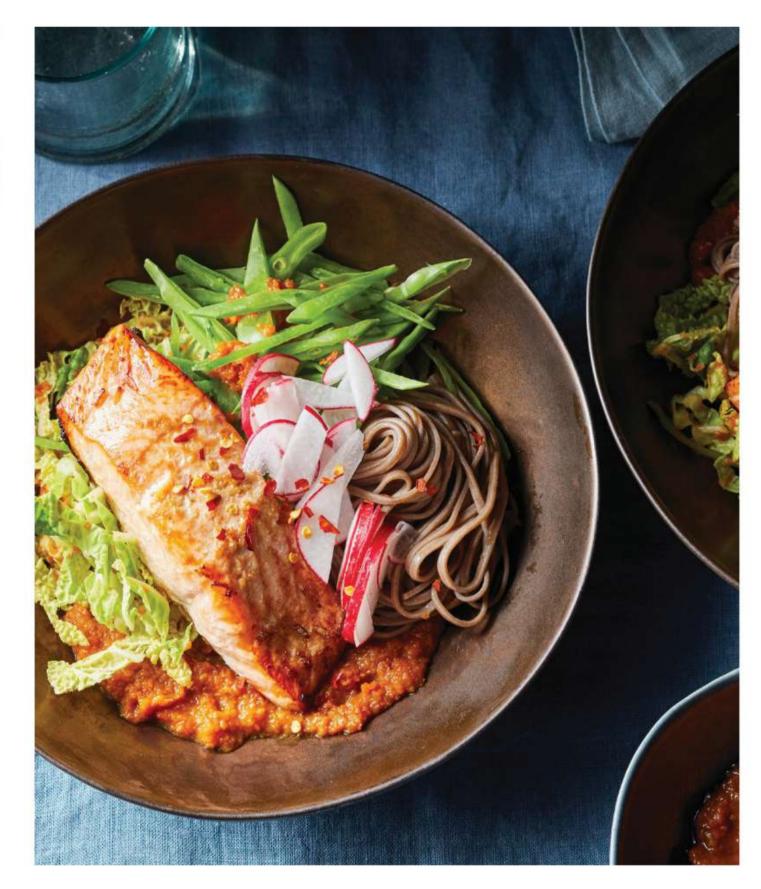
FRIED RICE

Drizzle some of the warm oil over homemade fried rice.



CHICKEN & NOODLES

Traditionally this oil is served with a whole poached chicken.
For ease, spoon over poached chicken thighs and cooked rice noodles.



SALMON & CABBAGE NOODLE BOWLS

Dry sake gives a balanced acidity to this ginger-soy marinade for the salmon, but it's the pungent umami notes of red miso in both the marinade and the vinaigrette that bring the entire dish into harmony. Miso's savory richness rounds out the sharp flavors in the marinade and tempers the sweetness of the cooked carrots in the dressing.

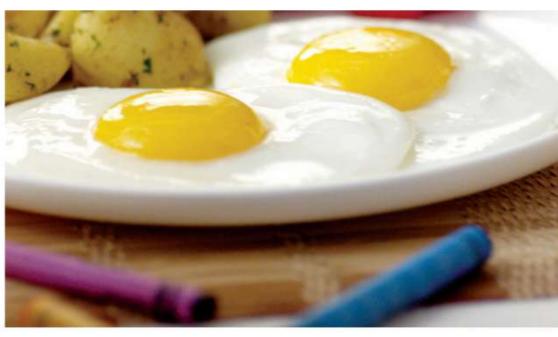
GINGER-TURMERIC BARLEY PUDDING

Think of this
creamy pudding as
a golden milk
latte in dessert form.
Turmeric provides
an earthy base for the
warmth of fresh
ginger and sweetness
of date syrup. Pearl
barley gives this dish a
more satisfying
texture than typical
rice pudding.











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PUMPKIN GINGERBREAD

This deeply spiced cake
takes full advantage of ginger's
many flavor personalities:
fresh for brightness, dried for
heat, and candied for sweetness
in the crunchy streusel
topping. Pumpkin puree ensures
the cake bakes up moist and
tender without the need for loads
of butter or oil.

Black and
white sesame
seeds plus
toasty pepitas
make this
streusel anything
but typical.

YOUR SHOPPING LIST

Making your favorite ginger dessert is a snap with Eggland's Best!

Simply take this list of ingredients needed to make the **Pumpkin Gingerbread** with **Seedy Streusel** to the supermarket.

CAKE

- 3 Eggland's Best eggs, large
- All-purpose flour
- Dark brown sugar
- Granulated sugar
- Baking soda
- Kosher salt
- Vegetable oil
- Pumpkin Puree (1 can)
- Ground ginger
- Ground cinnamon
- Fresh nutmeg
- Ground cloves
- Ground cardamom
- Fresh ginger (3-inch piece)

TOPPING

- All-purpose flour
- Granulated sugar
- Crystallized ginger (1/4 cup)
- White and/or black sesame seeds (6 Tbsp.)
- Raw pepitas
- Ground ginger
- Ground cinnamon
- Kosher salt
- Unsalted butter



Better taste. Better nutrition.

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Please see page 170 for recipe and step-by-step instructions.









very December feels as
though it goes more
quickly than the last.
With holiday preparations,
family events, and end-ofyear work responsibilities, the month
seems to be booked up before it has
begun, and the festive season flies by
with scarcely a moment to enjoy it.

Several years ago, I thought I surely couldn't be the only one who longs not for more parties but for more *togetherness*.

I sent a group text to friends:
"Monday night. I have to wrap presents.
Bring yours over, and we can
wrap them together. I'll feed you."

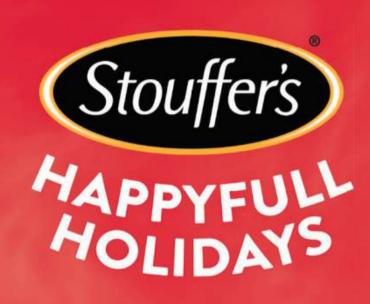
I scattered tubes of wrapping paper around the living room, put scissors and tape on the coffee table, and stacked bowls next to the stove.

For dinner I kept things equally simple, both for my own benefit and for friends hungry for a nourishing alternative to holiday overindulgence.

MAKING MERRY

Pulling off the holidays doesn't have to feel like a part-time job. It's more fun to tackle the to-do list with friends.

LAYER UP FOR THE HOLIDAYS.







I cooked white beans to creamy softness, then added a heap of vegetables to make a slow cooker version of the Tuscan tomato and bread stew called ribollita. It grew even more velvety while left on the "warm" setting so people could serve themselves throughout the evening. A dusting of Parmesan and a drizzle of olive oil made each bowl rich enough to feel special.

I set some tongs in a bowl of sturdy salad greens and put out the Caesar dressing I had mixed up the day before.

Yes, there was gift wrapping, but the evening wound up more as a casual hangout. Nobody got dressed up; most either came straight from work or arrived later as kids' bedtime schedules allowed.

We leaned against
the kitchen counter and
crowded around the
table. We sipped lowoctane spritzes that
I made in one big batch.
A pan of hazelnutstudded brownies
dwindled as we
repeatedly cut slivers
off the edges.

What started as a last-minute, thrown-together gathering is now one of my favorite holiday traditions. Too informal to be called a party, it's too joyful to be called anything else.





Of these Italian aperitivo (aperitif) liqueurs, Aperol is mildest, Campari most bitter, and Cappelletti is in between.

BLOOD ORANGE SPRITZ

Not drinking? Make an alcohol-free version of this spritz by swapping Dhōs Bittersweet nonalcoholic aperitif for the Aperol and sparkling water for the wine.

START TO FINISH 15 min.

2 cups Aperol
(or other bitter
orange-color
aperitivo, such
as Campari or
Cappelletti), chilled

- cup orange juice or blood orange juice, chilled
- I 1-liter bottle (or three 11.2-oz. cans) Italian blood orange soda, chilled Ice
- 1 750-ml bottle sparkling wine, such as Prosecco or cava, chilled Blood orange slices
- 1. In a pitcher combine Aperol and orange juice. Gently add blood orange soda, holding the mouth of

- the bottle or can close to the surface of the Aperol mixture so as not to lose effervescence. Stir gently to combine. Chill until ready to serve.
- 2. To serve, fill glasses with ice. Fill three-quarters of the way with Aperol mixture. Top with sparkling wine. Stir briefly to combine. Add a slice of orange to each drink. Serves 12.

PER SERVING

171 cal, 14 mg sodium, 28 g carb, 14 g sugars



HOLIDAY HELPER

A slow cooker (or the slow-cook function of a multicooker) is great for gently cooking beans and keeping finished stew warm without scorching. Don't have one? Cook the beans in a 4- to 5-qt.

Dutch oven.

bouillon. Cover and cook on high 3 to 4 hours or until beans are tender but not falling apart.

- 3. During the last 30 minutes of slow cooking, heat 3 Tbsp. olive oil in a large saucepan over mediumhigh. Add onion and leek; season with salt and black pepper. Cook 5 minutes or until softened. Add celery and carrots; season again and cook 10 minutes or until all vegetables are softened. Add the five minced garlic cloves, the thyme, and crushed red pepper; cook 3 minutes. Stir in tomatoes.
- 4. Once beans are tender, remove bay leaf. Add tomato mixture to slow cooker; gently stir to combine. Cover and cook on high 1 hour or on low 2 hours.
- 5. If using high, reduce heat to low. Stir in kale, bread, and Parmesan.
 Cover and cook 15 to 20 minutes or until kale is tender and bread is beginning to fall apart.
 Serve with additional Parmesan cheese; drizzle with extra virgin olive oil.
 Serves 10.

PER SERVING 305 cal, 7 g fat (1 g sat fat), 3 mg chol, 486 mg sodium, 47 g carb, 15 g fiber, 8 g sugars, 15 g pro



RADICCHIO CAESAR SALAD

Classic Caesar dressing calls for raw egg, risking salmonella exposure.
Using cooked egg yolks keeps it safe for guests.
HANDS-ON TIME 30 min.
TOTAL TIME 55 min.

- 6 garlic cloves
- 3/4 cup extra virgin olive oil
- 4 cups cubed ciabatta bread
- 6 anchovy fillets
- 1/4 cup lemon juice
- 2 hard-boiled egg yolks
- 1 Tbsp. Dijon mustard
- 6 cups torn radicchio leaves
- 3 cups forn romaine leaves

⅓ cup freshly grated Parmesan cheese Freshly ground black pepper

1. Preheat oven to 300°F. For croutons: Mince two of the garlic cloves. In a large saucepan warm 1/4 cup of the olive oil and the minced garlic over low 5 minutes. Add bread cubes; sprinkle with 1/4 tsp. salt. Stir to coat. Spread bread cubes in a single layer in a shallow baking pan. Bake 25 minutes or until lightly browned, stirring once. Let cool completely. (Croutons will crisp as they cool.)

2. For dressing: In a

blender or small food

processor combine the remaining four garlic cloves and ½ cup olive oil, the anchovy fillets, lemon juice, egg yolks, and mustard. Cover and blend until smooth. Season with salt and black pepper. (Dressing can be kept chilled in an airtight container up to 5 days; let stand at room temperature 30 minutes before using.)

3. In a large bowl combine radicchio and romaine; toss with dressing. Sprinkle with cheese, croutons, and freshly ground black pepper. Serves 12. **PER SERVING** 179 cal, 16 g fat (3 g sat fat), 33 mg chol, 145 mg

sodium, 8 g carb, 1 g

fiber, 1 g sugars, 3 g pro

m Radicchio has a robust texture

robust texture
and doesn't
wilt easily, which
makes it great
for a sturdy salad.
Soak the leaves
in a bowl of ice
water and
spin-dry them for
extra crunch.

[ACTIVITY OPTIONS]

Holiday To-Do List

GIFT WRAPPING

Many hands
make wrapping gifts
go quickly. Plus,
if everyone brings
a roll or two of
paper, you'll have
more color and
design options.



HOLIDAY CARDS

Stamping and addressing holiday cards don't require too much focus, and they're ideal tasks for hosts who don't have much entertaining space.



COOKIE SWAP

Double up on festive activities by asking guests to bring a big batch of holiday cookies to swap so each person goes home with a mix.



CRAFTS

Hands-on holiday projects aren't only for kids. Make pomanders, paper snowflakes, or wreaths and reconnect with the joy of the season.







DARE TO FALL IN LOVE







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ROLL slice SWIRL

As impressive as this layered bread looks, the shaping is fairly simple when you follow these basic steps and visual cues. Start by filling and rolling up the dough like you're making cinnamon rolls.



This dough is elastic and easy to manage. Roll into an 18×12-inch rectangle and spread with herb butter. Starting from a long side, roll up tightly.



With your fingers, pinch the seam so the roll is completely sealed. This will keep the filling from escaping while baking. Flip roll so the seam faces down.



Use a serrated knife to slice the roll in half lengthwise, leaving the inch nearest you intact. Turn halves so filling faces up and won't fall out.



Carefully twist the dough strips over each other, keeping filling facing up. Pinch ends together and adjust dough as needed so it is uniform.



Starting from the top, coil the braid like a snake to the right, stopping halfway down. It will look like the top of the letter S.



Coil bottom of the braid up in opposite direction (to the left) to complete a tight S shape. Tuck under ends and gently shape into an oval loaf.

TEXTURE TIPS

Kneading and proofing dough are important steps to making the best baked loaf.

KNEADING **KNOW-HOW**

Kneading develops gluten, which gives the dough structure and allows it to stretch and expand as it rises. To knead by hand: On a lightly floured surface, fold and push dough with heel of

your hand. Turn and repeat until it is soft, smooth, and slightly tacky—but not sticky. It should take 3 to 5 minutes.

FOOLPROOF During proofing, the yeast gets to work consuming sugars to

create gas that inflates the gluten structure. Proofing requires a warm environment (80°F to 85°F). If you don't have a warm draft-free place in your kitchen, use your microwave or oven. First microwave a 2-cup measure filled

with water until it begins to boil. Place measure and dough bowl in the microwave or oven and close the door. Dough is done proofing when indentations remain when pressed with two fingers. ■



the kitchen shuffle

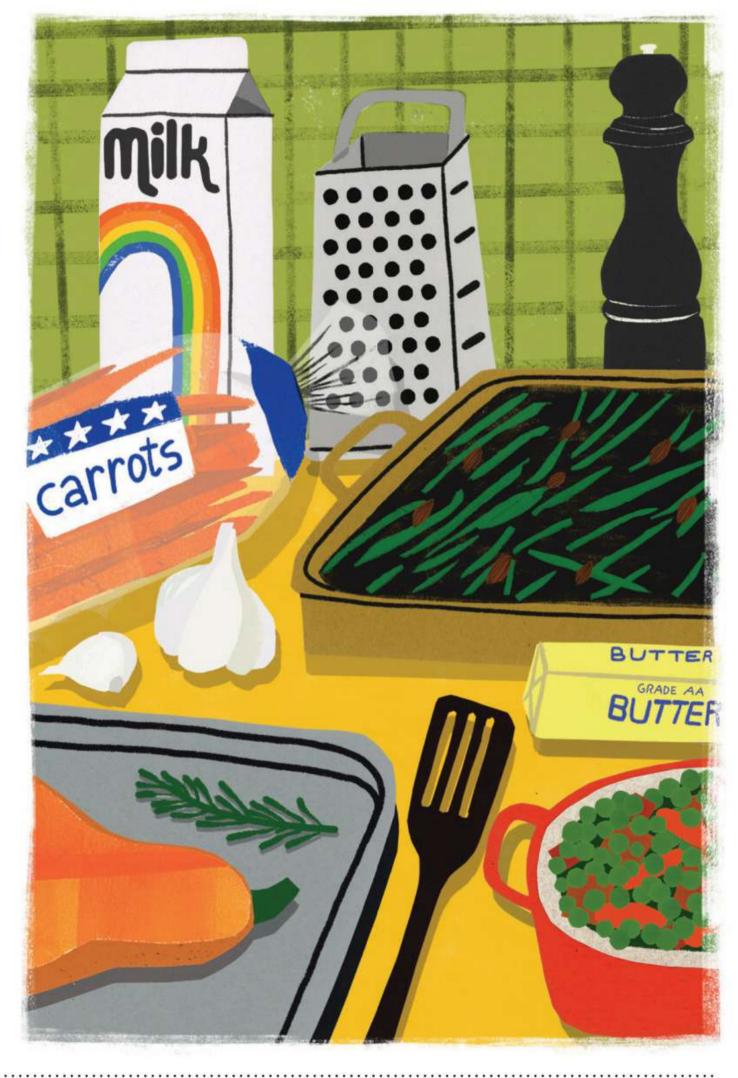
We know pulling off a holiday dinner is a challenge for even the most seasoned cooks. Use these tips to maximize oven space, juggle cook times, simplify prep, and reduce stress on the big day.

[HOT TIP]

Position oven racks so baking dishes or casseroles will fit around your turkey-roasting pan. If a recipe calls for a deep round casserole dish, you could use a shallow rectangular or an au gratin dish to fit on the rack below the turkey. (Note: This will reduce cooking time 10 to 15 minutes.)



Measure and prep ingredients before you start a recipe for more organized, efficient cooking.



SPACE IT OUT



INCHES

Keep some space between dishes in the oven to allow for airflow and even heating.

CRANK

For the half hour or so the turkey is resting, turn the oven to 350°F or 375°F to let your side dishes finish at a higher temp. (Aim to finish cooking the sides as you wrap up carving the bird.)



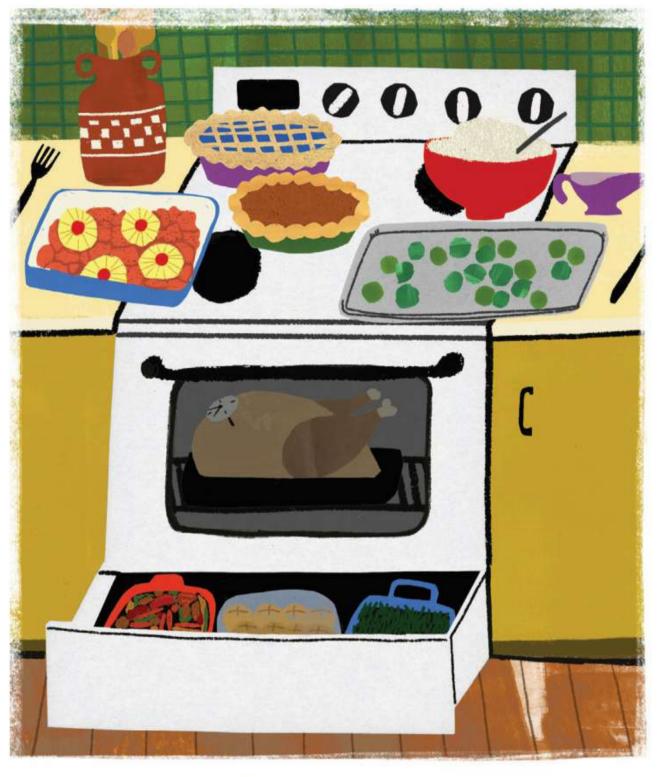
10-15 minutes

Dishes take longer to cook in a packed oven. Add 10 to 15 minutes to cook times for sides that bake at 350°F or 375°F.

TEMP CHECK

We recommend an instant-read thermometer to check recipe doneness (versus relying solely on cooking times). For a full bird, cook turkey to at least 175°F in the thigh and at least 165°F in the stuffing. Sides, especially those with eggs, dairy, and/or meat, should reach at least 160°F.

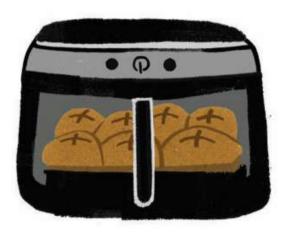
minutes Limit how long you leave turkey and make-ahead side dishes with meat or dairy at room temp BEFORE cooking to a half hour. (After the meal, put leftovers away within 2 hours. If internal food temp is between 40°F and 140°F for more than 2 hours, it's best to discard the food.)



lf you have an electric oven, chances are high the drawer under the oven—yes, the one where you store cookie sheets—is actually a warming drawer. Confirm this in your appliance manual (most of them are online) and

use the drawer to keep sides warm while you finish dinner. Or designate the back burners of your stove top (with heat turned off) as warmers: Many electric stove tops will retain quite a bit of heat coming off a hot oven.

Small countertop appliances can take some heat off your oven and stove top. Our Test Kitchen suggests using your slow cooker, air fryer, and/or multicooker to cook the following types of sides.



AIR FRYER

- Dinner rolls
- Flash-frozen appetizers
- "Roasted" vegetables



SLOW COOKER

- Green bean casserole
 - Dressing



MULTICOOKER

- Mashed or baked potatoes
 - Sweet potato puree
 - Steamed vegetables

X USE SEPARATE OUTLETS FOR MULTIPLE SMALL APPLIANCES TO PREVENT BLOWING A CIRCUIT.

Designate the afternoon or evening before the feast for prepping ingredients. You can make the following ahead too.

condiments & relishes

Up to 1 week ahead.

fruit pies

Up to 3 days ahead.

mashed potatoes

Up to 2 days ahead.

breads & rolls

Up to 1 day ahead.





SIDE SHOW

For side-dish recipes you can make in countertop appliances, hover your smartphone camera over the code. ■







STEP-BY-STEP

If this is your first time making brittle, use our Test Kitchen hints.

Stir mixture over medium-high until butter is melted and sugar is completely dissolved.

Bring the mixture to a rolling boil (bubbles evenly across the surface), then clip a candy thermometer to the side of the pan; do not let it touch the bottom of the pan.

It will take about 30 minutes to get the mixture to 275°F. During this time, watch it closely and adjust the heat to maintain a steady, controlled boil.

Carefully stir in nuts and continue cooking to a temperature of 295°F. (Use raw nuts because they'll cook in the mixture; roasted nuts will overcook.)

When you add the baking soda, it will foam as it reacts with the sugar, making carbon dioxide. This creates the characteristic brittle texture. Immediately pour the mixture onto buttered sheets; let cool about 1 minute before pulling.

Using two forks, gently pull candy into a sheet of even thickness.













[BEFORE YOU BEGIN]

USE THE RIGHT PAN

Choose a heavy-bottom pan for even heating and caramelizing. It's important to use the pan size specified in the recipe because the candy mixture will expand

during cooking. If the pan is too small, the mixture may boil over or take too long to cook; if it's too big, the mixture may cook too quickly.

MEASURE **ACCURATELY**

Measure ingredients before you begin and have a candy thermometer ready.

Make one batch at a time; do not halve or double the recipe.

RELY ON A **THERMOMETER**

A candy thermometer is key for candymaking success. Reaching exact temperatures during cooking creates the ideal consistency

for pulling. The finished brittle will snap versus having a chewy texture that can stick to your teeth. Choose a thermometer that's easy to read and clips to the side of the pan.

CALIBRATE Before you start, calibrate your

subtract the number of degrees above or below 212°F from the temp called for in the recipe. ■ thermometer for

accuracy. Submerge

the tip in rapidly boiling

water; it should reach

212°F (the temperature

at which water boils).

If it doesn't, add or







the joy of cookbooks

Our food editors combed through hundreds of newly released cookbooks. These are the ones that made our holiday wish lists.

MODERN FREEZER MEALS Ali Rosen

Meal prep devotees know the joy of make-ahead dinners. This book will help fill their freezers with heat-and-serve gold. \$23; simonandschuster.com

THE WEEKDAY VEGETARIANS

Jenny Rosenstrach
Ready to observe
Meatless Monday? Dinner:
A Love Story blogger

Jenny Rosenstrach shares the recipes that helped her family embrace more plant-based meals. \$32.50; randomhouse books.com

3 OTTOLENGHI TEST KITCHEN: SHELF LOVE

Noor Murad & Yotam Ottolenghi Find inspiration in what you've already got. A book of creative ways to use pantry, freezer, and fridge staples. \$32; penguin randomhouse.com

4 GRIST

Abra Berens
Learn how to use
whole grains,
beans, and seeds as
a foundation for
nourishing meals. \$35;
chroniclebooks.com

THAT SOUNDS SO GOOD

FOR THE

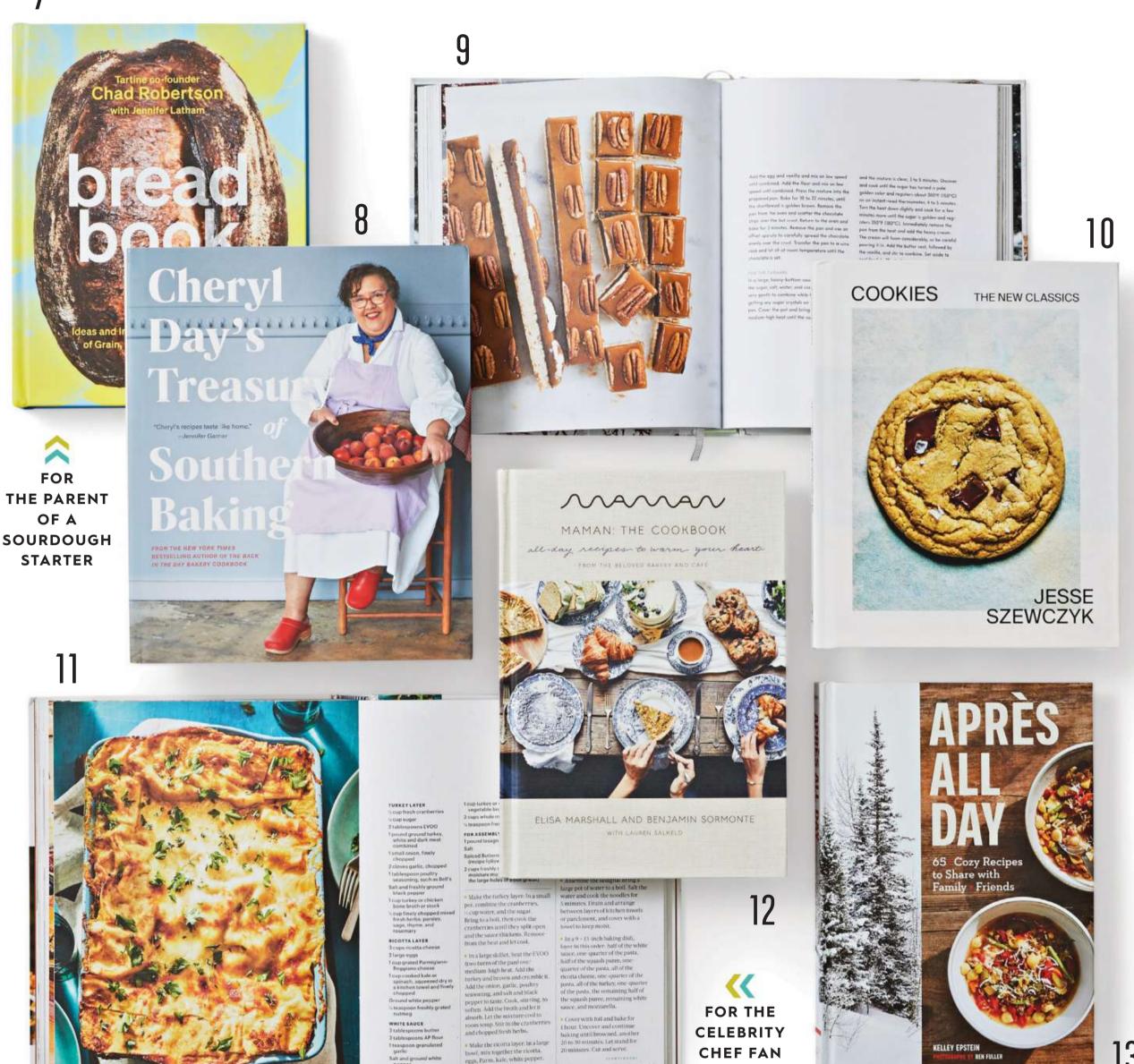
Carla Lalli Music
Chef Carla Lalli Music
cooks differently on
weeknights, when
meals need to be
quick, than she does
on weekends, when
she can be more
leisurely. Divided into
two sections, her new

book covers both. \$35; penguinrandom house.com

6 COOKING AT HOME

David Chang & Priya Krishna
A cookbook without recipes, this colorful volume focuses on techniques for cooking intuitively. \$35; penguinrandom house.com





7 BREAD BOOK Chad Robertson Tartine Bakery's cofounder offers fresh ideas to help sourdough devotees build their skills. Besides loaves, there

are recipes for pasta, tortillas, and savory things to eat with them. \$40; penguin randomhouse.com

8 CHERYL DAY'S TREASURY OF **SOUTHERN BAKING**

Cheryl Day Bakery owner Cheryl Day collected a trove of baking advice from grandmas and great-aunts. \$40; workman.com

BAKING FOR THE HOLIDAYS Sarah Kieffer The inventor of the

pan-banging chocolate

chip cookie sensation is back with a collection of holiday treats. \$25; chroniclebooks.com

10 COOKIES

Jesse Szewczyk Some sweet, some savory, all irresistible this is the book to get for the host of the annual cookie swap. \$28; penguinrandom house.com

THIS MUST **BE THE PLACE**

Rachael Ray An intimate look at home cooking with Rachael Ray. \$32; penguinrandom house.com

12 MAMAN: THE COOKBOOK

Elisa Marshall & Benjamin Sormonte Like an elegant grandmother, these sweet and savory

recipes are both comforting and sophisticated. \$30; penguinrandom house.com

13 APRÈS ALL DAY

Kelley Epstein A lesson from the ski slopes: Winter is best when cold days are warmed up with cozy dishes. \$28; chroniclebooks.com ■



comin' in hot

During the busy holiday season, casseroles step up as the simple suppers and make-ahead meals we need. These modern takes focus on fresh flavors.



n North Dakota, where blogger and cookbook author Molly Yeh lives, a "hotdish" is known as the queen of casseroles. The term, used primarily in parts of the Upper Midwest, denotes a particular type of casserole, one that includes a protein (meat), veggies (usually canned or frozen), starch (tater tots are a go-to), and sauce (typically a canned soup). They're a full meal in a single dish.

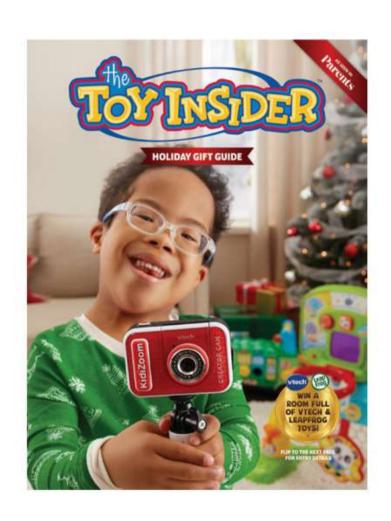
Molly says she thinks of the hotdish as an equation. Scanning her pantry for new inspiration, she uses the format to create hotdish recipes with unexpected combinations.

SHAWARMA CASSEROLE

Not everyone has a neighborhood kabob shop, but anyone can make this Middle Easternspiced rice and turkey hotdish. Pita chips on top provide necessary crunch, and the finishing combination of green herbs and a drizzle of lemony tahini sauce keeps it fresh.

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READY, SET, CELEBRATE

heartwarm the season with

KISSES Milk Chocolate, the
iconic shape in decorative red,
green and silver foils.

Hover your phone over this code to see how food and lifestyle influencer,

Crazy For Crust,

celebrates the holidays
with a festive, must-try
recipe using **KISSES candies**.







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cheerios.com

molly yeh

In her first book, Molly on the Range, the star of Food Network's Girl Meets Farm shares the story of moving from Chicago to New York then to North Dakota. Getting to know her new home, the Chinese-Jewish food writer embraces the cozy potluck staple of hotdish. Her second book, Home Is Where the Eggs Are, set for publication in fall 2022, promises even more creativity in showcasing the dish's versatility.





DILL **CHICKEN EVERYTHING BAGEL BISCUIT CASSEROLE**

Matzo ball soup meets pot pie in this hotdish. In place of a pastry crust, it's topped with biscuits showered in salty, garlicky everything bagel seasoning. It was inspired, Molly says, by nostalgia for the meals she ate at Jewish delis growing up.

SPICY WHITE BEAN **CASSEROLE WITH CALABRIAN CHILES**

"We're a bean-loving family," Molly says. "They're such a great canvas for flavors." In this Italian-inspired casserole, gigante beans are the backdrop for fiery Calabrian peppers, broccoli, and a crispy bread crumb crust. "Beans are an amazing hotdish addition because they're hearty and creamy, and you don't have to worry about overcooking them."

[STAPLES]

BASE I AYFR

To make a Chinese hotdish that reflects her heritage, Molly uses pantry items to create layers of flavor.



BLACK BEAN GARLIC SAUCE

Deeply savory, this paste is made with fermented black beans. Use it to stir-fry vegetables or make a sauce for steamed fish. Lee Kum Kee, \$3.50; walmart.com



LAP CHEONG (CHINESE SAUSAGE)

Jerky fans will love this cured pork sausage for its sweet-salty flavor. Also called *lap xuong*, it is often seasoned with rice wine and soy sauce, and makes a great addition to fried rice. Kam Yen Jan, \$13; amazon.com



CHILI CRISP

The crispy bits in this oil-base hot sauce are fried shallots, garlic, and other aromatics. While deep red, it's not wildly spicy. It's excellent on noodles or eggs. Fly By Jing, \$15; flybyjing.com







Ginny Stalker believes in fairy tales at least when it comes to creating them. "I have always wanted my home to have a magical quality, like walking

through the pages of a storybook," says the designer and blogger behind Au Petit Salon. "Both my parents worked in theater, so I grew up surrounded by sets and color. I had a unique education watching people create these incredible visual stories. And that's the approach I take in my own home, especially

during the holidays. I want every room to feel like a beautiful scene that expresses who we are as a family."

Her home—a converted barn in New York's Hudson Valley—has been in her husband's family for more than a century. The couple moved here in 2012, and over the past nine years Ginny has slowly and purposefully curated a bright maximalist look reflecting her take on design. "If there's a choice between gray and pink, I'm always going to go pink," she says. Exhibit A:

the pair of fuchsia swivel chairs that demand a double take in the living room. "They actually really ground the space, considering I use pink as a neutral. Color is emotional, and I like to infuse emotion into a space."

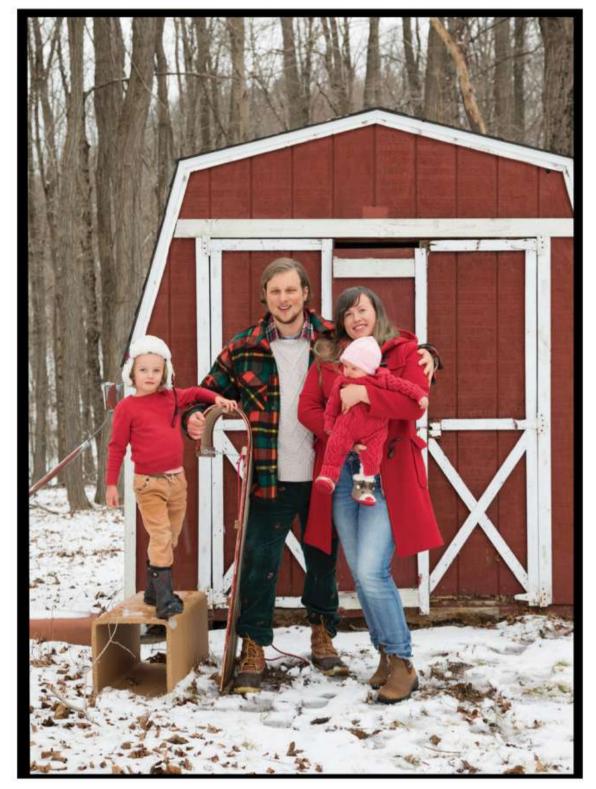
She also uses one-of-a-kind pieces to bring soul to her rooms. "I bet 75 percent of everything in

my house is secondhand, and that's intentional because, for me, it's all about the hunt," she says. Take the vintage Henredon sideboard she painted dark green and put in her kitchen to function as a built-in. Or the antique mantel she added to the upstairs family room—despite the absence of a

fireplace. "Certain things speak to me, and I know that if I love something, I can make it work. It's not about matching; it's more about marrying things together in unexpected ways."

The same holds true for her holiday decor. It's an assortment of family heirlooms and old finds, including her grandmother's 1950s glass ornaments and the 1970s velvet fruit ornaments she scored at a thrift store. Ginny also loves the ambience twinkle lights add, so she incorporates

them everywhere, winding them through an arrangement of books above her living room fireplace and around the eclectic gallery wall of art. "It's such a magical time of the year," she says, "and whatever I can do to give my family tangible, visual memories of this season, I'm doing it. I hope my kids always remember these moments."



all in the family

Ginny Stalker with husband Matt and children Otis and Charlotte. Their woodsy property has been in Matt's family since 1902.





to the banister and vintage ornaments hanging from cabinet hardware add whimsy.







warm & radiant

The fireplace in the living room, below, anchors the family's main gathering place. Ginny designed the book installation to stand in for art. "I layered books in the palette I love—pinks, yellows, reds, oranges—and wove tiny twinkle lights through them," she says. The brass fire screen and cocktail table supply more shimmer.





small wonders

Ginny creates a woodland scene inside the family room faux fireplace, far right, tucking her felt animal collection in among branches and garlands. Mesh metallic fabric adds a sparkly backdrop. "I want to create little magical moments around my house so my children can experience wonder everywhere they look," she says.











WE LOVE

Ginny gave

the refrigerator



I use colors
as puzzle
pieces,
pulling them
together to
create this
complete
story in one
space.

GINNY STALKER

easy treats

Every year, Ginny makes batches of cookies from one dough recipe, below.
"I'll do traditional thumbprints with jam, cutouts with pistachios and chocolate, and one I transform into a kind of snickerdoodle with cinnamon and sugar.

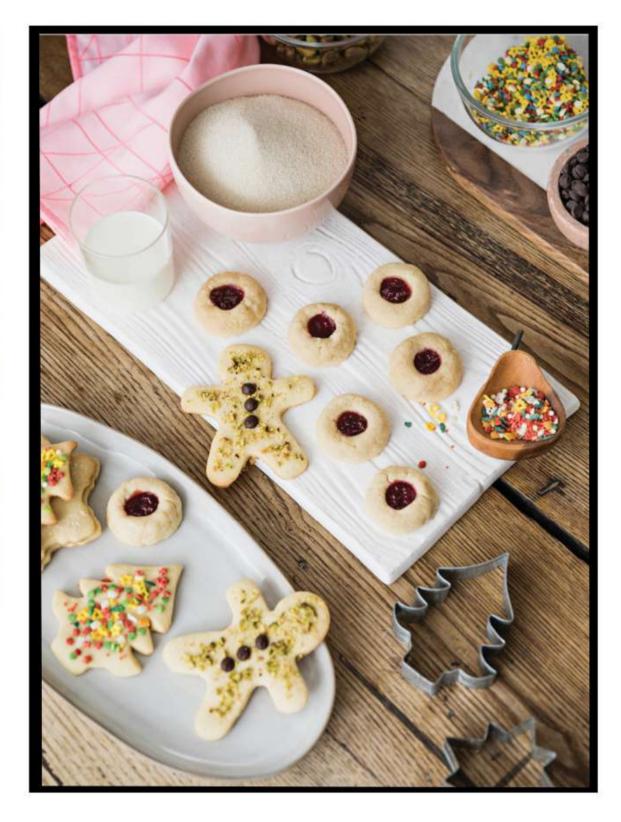
It keeps things simple, yet we get a nice variety."



retro fit

The kitchen table is made of floorboards taken from the original barn when it was converted into a home.

The rug delivers warm colors and covers a multitude of spills. "I use rugs to bridge design gaps," Ginny says. "This one has the exact green shade as the sideboard."









BAKING SHEETS WITH A FOREST OF FIRS. THESE SWEET LITTLE PRETTY ENOUGH TO DOUBLE AS HOLIDAY DECOR.









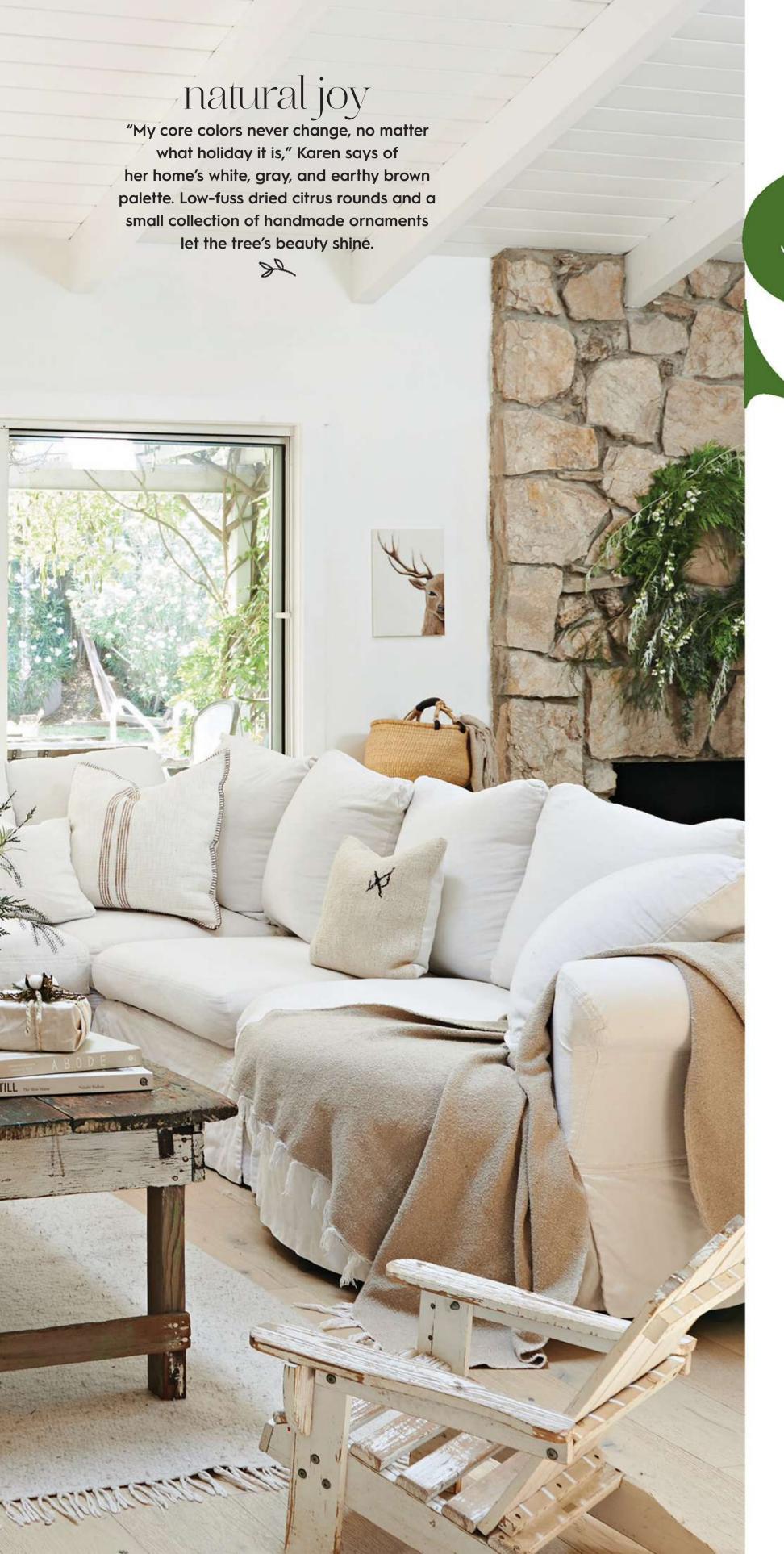
MAPLE BUTTERCREAM CUTOUTS Tap the forest's sweetest gift—maple syrup—to flavor the dough and frosting for these treats. While the shingled leaves look complicated, they're not hard to achieve: Simply pipe dots of buttercream, then pull the icing into shape using the edge of a rounded spoon or butter knife. VIBRANT OMBRÉ Use paste food coloring to get the deepest color for your buttercream. 140 BH&G | December 2021











imple, rustic,
and welcoming,
Karen Emile's
suburban
Los Angeles
home reflects

her uncomplicated style—and her revamped approach to the holidays.

"A few years ago I was running around buying gifts until midnight like I had some quota to fill," she says. "I was wrapped up in things that take away from what the holidays are really about." Her solution: spend less time buying and more time being with family and friends focused on things that are easy, natural, and handmade.

Today the holidays unfold slowly and sweetly throughout Karen and husband Shawn's 1950s ranch home. When the calendar flips to December, Karen simmers cinnamon sticks in water daily to spice the air and begins her version of a popular holiday game, hiding a family of stuffed mice for sons Aiden, 15, and River, 4, and daughter Brooklyn, 9, to find. On Christmas Day, the kids get a new mouse, a tradition so anticipated it makes Brooklyn happy-cry.

For decor, Karen turns to cedar wreaths and garlands, pine sprigs slipped in earthy vases, candles, and fresh fruits, plants, herbs, and flowers. Her passion for vintage finds—well-documented on Instagram (@milkandhoneylife)—appears in every room. The kids make no-frills ornaments from wood or clay, and kraft paper and fabric envelop the gifts.

The humble approach feels just right in the home's all-is-calm neutral setting. "I can't tell you how special it is to simplify and spend time making things together," Karen says. "That's the best gift of all."





















hrowing a holiday open house on the porch takes some of the pressure off hosting: The event feels more casual and requires less prep (you don't even have to vacuum before guests arrive). In a compact space, your decorations will make a greater impact too. Take your cues from Scandinavian style, combining natural textures with red accents to telegraph warmth and merriment.



cookies for all

Three cookies—one fruity, one chocolate, and one that's not too sweet-ensure everyone at the party will have a favorite.

FRUITCAKE COOKIE BARS

Toasted nuts meet dried and candied fruit bits of your choice. They're enveloped in a buttery blondie batter with gingerbread seasonings.

LACY OAT COOKIES

Drizzled with chocolate, these irresistible crispy cookies are also party-friendly. They keep up to three days in the fridge or three months in the freezer.

SEEDY SCANDINAVIAN CRISPS

A welcome savory bite in the season of sweets, these crisps combine wholesome seeds with dried fruit. Bake them ahead, then crisp them up in the oven for a few minutes before the party. They're delicious with blue cheese and honey or jam.



← For stamps, cut foam into shapes, then glue them onto wood disks (sold at crafts stores).

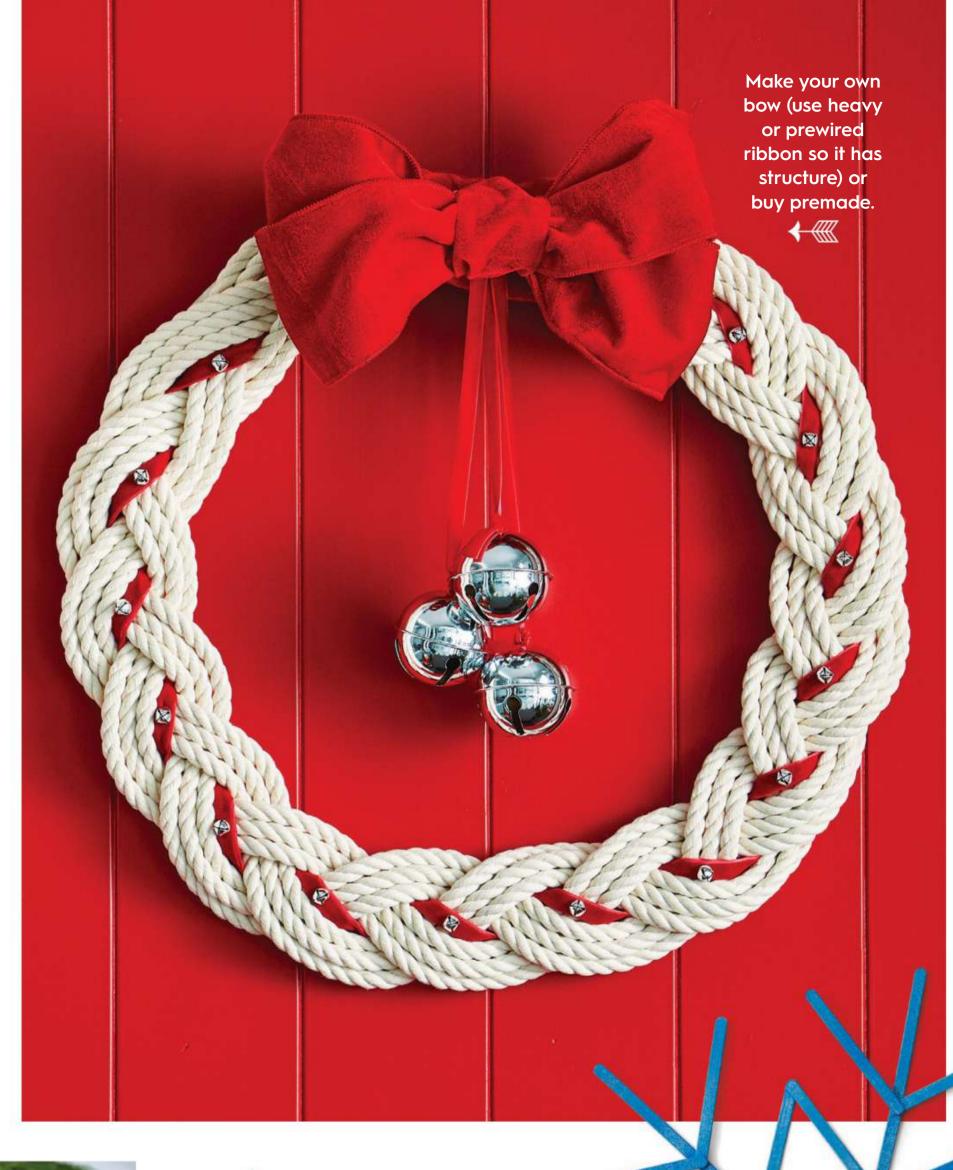
Have bags on hand so guests can take home a care package of cookies at the end of the night. Although you can certainly buy ready-made bags, stamping your own makes an easy pre-party project for you or the kids. And you don't have to limit your homemade stamps to bags. You can apply them to wrapping paper and cards too.

rope wreath

Inspired by braided bread, this wreath pairs humble rope with luxe velvet. It's made by weaving nine strands of rope with red ribbon then hot-gluing the braid to a flat wreath form. Hang jingle bells around the center of the wreath to ensure a holiday soundtrack every time you open the door. See "Workbook," page 162, for complete instructions.

window snowflakes

These wintry
decorations are so easy
to make that the kids
can do it while you finish
the party prep. The
craft sticks are simply
painted then glued
into star or snowflake
shapes. (Follow our
examples or come up
with your own.)













Work with what you've got. Mix and match whatever mugs you have, whether they're a holiday theme or not. If you don't have a bar cart, improvise by using a side or folding table covered with a tablecloth or piece of red fabric. Put your drink dispenser on a pedestal for an easy pour. Placing drink and snack stations in separate parts of the porch prevents traffic jams.



Our new TV special takes you behind the scenes of this party and shows you how to make the food and crafts. Visit

BHG.com/TVshow to watch.

10



These little guys are sweet peeking out of tree branches and can double as party favors. They come together with a few craft supplies and glue.

Wooden Easter eggs form the bodies and wool roving the fluffy beards. (Find full instructions in "Workbook," page 162.)

VENBER ornaments

Make a few extras to use as gift toppers.

A little folding and gluing transform strips of wood veneer (sold in crafts stores) into graphic star or snowflake-like shapes. Use our templates and instructions to form your desired shape, then hot-glue your ornament onto looped string for hanging. Painting one layer of the veneer bright red makes the ornament really stand out on the tree.





rope

- Cream craft paint
- ◆ Paintbrush ◆ 18" flat wreath form • 45' of 12 mm cotton rope
- ◆ Medical tape ◆ 2 yards each of 1/4"-wide and 3/4"-wide red velvet ribbon
- ◆ Hot-glue gun ◆ Clamp
- Mini silver jingle bells
- 4"-wide red velvet ribbon
- ◆ Florists wire ◆ Large jingle bells
- **1.** Paint wreath form; let dry. Add second coat if needed.
- 2. Cut nine strands of rope a few inches longer than the circumference of wreath form (approximately 60" each for an 18" wreath form). Tape each end as you cut to ensure rope does not unravel.
- **3.** Cut one length of $\frac{7}{8}$ "-wide velvet ribbon to same length as rope. Fold in half lengthwise and secure with hot glue.

the section where the taped ends of the braid meet, securing on the back with glue.

wide velvet ribbon around

11. Make a double loop with 4" ribbon. Gather in the center with florists wire and wrap with another piece of folded 4" ribbon to make a bow shape. Secure in the back with glue. Cut 3/4" velvet ribbon to desired lengths and tie to large jingle bells. Secure with hot glue to the top of wreath.

12. Hot-glue bow to top of wreath. Hot-glue a looped piece of florists wire to the back for hanging.

HAND-**STAMPED** treat bags

- Holiday design templates (see QR code, opposite)
 - Foam craft sheets*
- Craft knife
 Cutting mat
- Hot-glue gun Wood disks ◆ Kraft paper ◆ Ink pads in desired colors
- Paper bagsStamp cleaner/pad ◆ Paper punch



to cut shapes. (*Tip: Thinner

- wood disks to make stamps.
- 3. On a surface protected with kraft paper, ink the stamps and press onto bags. Use stamp cleaner between color changes.
- 4. Fill bags with treats, fold, and punch holes at top. Lace holes with twine; add fun bells or ornaments.

VENDER ornaments

- ◆ Template ◆ Thin birchwood veneer sheets
 - Hot-glue gun
- ◆ Craft paint ◆ Paintbrush Cording
- 1. Trace template nine times on wood veneer; cut out.
- 2. Fold wide end of each strip up and under diagonal edge, overlapping ¼" to create cone shape. Secure overlapping section with hot glue; hold for a moment to allow glue to set.
- **3.** Hot-glue sides of cones to each other to create a wreath shape.



9. Hot-glue mini jingle bells to red ribbon. 10. Wrap a piece of 4"-

4. Make three bundles

of three strands of rope,

one end using hot glue.

securing them together at

5. Slightly overlap ends of

bundles with 7/8" red ribbon

in the middle. Secure ends

to wreath form with clamp.

right bundle over to center,

ribbon in and out of center

braid. Repeat around form.

7. When you've worked

form, trim ends of rope

rewrap ends with tape.

and ribbon if needed and

8. Glue beginning and end

around the wreath, to form.

pieces, and intermittently

your way around the

6. Braid rope by crossing

then crossing left bundle

over to center. Weave







- **4.** Paint inside or outside of wreath; let dry.
- **5.** Hot-glue a small, looped piece of cording to back side of ornament for hanging.

GNOME ornaments

- Wooden craft eggs with flat bottoms
- Craft paint Paintbrush
 - Hat template

- Assorted felt Cording
 Hot-glue gun Mini jingle
 bells Wool roving bunch
- **1.** Paint wooden egg; let dry.

Small wood balls

- 2. Trace hat template onto felt and cut out. Form hat by creating a cone shape. Place a loop of cording, long enough to hang ornament, at top of hat; secure with hot glue. Hotglue hat at seam and glue bells in a row onto hat.
- **3.** Hot-glue a small piece of wool roving to egg to create beard, trimming to shape if needed. Hot-glue hat to egg, slightly overlapping beard; glue ball nose at top of beard.
- **4.** Cut a ¼"-wide strip of felt (in same or different color as the hat) long enough to wrap around





egg. Hot-glue felt band around hat base, slightly over top of ball nose; trim any excess in back.

greenery GNOME

- Two plastic pots (one slightly smaller than the other—we used 12" and 8")
- Hot-glue gun Roll of sheet moss (14"×48")
- Faux greens and berries (about three bunches)
- Wool dryer ball * Zip tie
 Three 22½" wooden
 dowels * Wire clippers
 - 1 yard fleece fabric
- **1.** Stack pots inverted, hot-gluing smaller pot to top of larger pot; let dry.
- **2.** Cut moss sheet lengthwise into three strips.
- into three 14"-long sections. Starting at base of bottom pot, glue strips vertically to pots, slightly overlapping, until pots are covered, except for 4" to 5" at top.
- **4.** Hot-glue faux greens to moss on one side, overlapping to create a full beard shape. Trim stems as needed. Hot-glue wool dryer ball at top of beard for a nose. Hot-glue berries to greens.
- **5.** Use zip tie to bind three dowels together at one end. Open to form a tripod structure and place into holes of top pot. (Use clippers to widen drainage holes if needed to fit dowels.)
- 6. Cut fleece into a 27" square and fold in half to make a rectangle. Cut in half diagonally starting from a corner on folded edge.

Hot-glue right sides of large triangle together at cut edges. Turn right side out; place over dowels, creating hat.



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HolidayPorch.



cookbook



- recipes from pages 134-141 - $O\ CHRISTMAS\ TREE$

CARDAMOM GINGERBREAD TREES

HANDS ON 45 minutes **TOTAL TIME** 2 hours

- 1 cup butter
- 31/4 cups all-purpose flour
- 1 Tbsp. ground cinnamon
- 1 tsp. baking soda
- 1 tsp. ground ginger
- $\frac{1}{2}$ tsp. ground cardamom
- $\frac{1}{2}$ tsp. salt
- 1 cup granulated sugar
- ½ cup packed brown sugar
- 1 egg
- ½ cup milk
- 1/4 cup molasses
 Royal Icing
- **1.** In a 10-inch skillet heat butter over medium-low 10 to 15 minutes or until butter turns golden brown. Remove from heat. Pour into a large bowl. Chill until butter is the texture of softened butter.
- **2.** In a medium bowl stir together flour, cinnamon, baking soda, ginger, cardamom, and salt.
- **3.** Beat browned butter with a mixer on medium 30 seconds. Add both sugars; beat until combined, scraping bowl as needed. Beat in egg, milk, and molasses. Gradually beat in as much of the flour mixture as you can with the mixer. Stir in any remaining flour mixture. Divide dough in half. Cover and chill 1 hour

or until dough is easy to handle.

- 4. Preheat oven to 375°F. On a 15×12-inch piece of parchment paper, use a floured rolling pin to roll one portion of dough at a time to just slightly more than ½ inch thick. Using 4- to 5½-inch tree-shape cookie cutters, cut out dough, pulling scraps away from cutout trees. (If making 3-D trees, see directions, below.) Transfer parchment paper with cutouts to a cookie sheet. (This prevents cookies from tearing or stretching when you transfer them to cookie sheets.) Reroll scraps as needed.
- **5.** Bake 10 to 11 minutes or until edges are firm and bottoms are very light brown. Remove from cookie sheet; cool on a wire rack.
- **6.** Decorate cookies with Royal Icing as desired. Makes 30 flat cookies or fifteen 3-D trees.

together 2 cups powdered sugar, 1½ Tbsp. meringue powder, and ¼ tsp. cream of tartar. Add ¼ cup warm water and ½ tsp. vanilla. Beat with a mixer on low until combined, then beat on high 6 to 7 minutes or until icing is very stiff. If necessary, beat in additional water to reach piping consistency. (When not using icing, keep covered with plastic wrap or a damp paper towel to prevent it from drying out.) Makes 1½ cups.

PER FLAT COOKIE 212 cal, 6 g fat (4 g sat fat), 22 mg chol, 136 mg sodium,

38 g carb, 28 g sugars

SPARKLING NO-BAKE WAFER TREES

HANDS ON 30 minutes
TOTAL TIME 1 hour

- 18 rectangular cream-filled vanilla wafer cookies
- 8 oz. vanilla-flavor candy coating (almond bark), chopped Gold edible glitter or luster dust Coarse decorating sugar
- **1.** Using a serrated knife, cut each wafer in half diagonally to make two triangles. Place wafer halves on a large wire rack over a piece of parchment paper.
- **2.** In a medium saucepan heat candy coating over low until melted and smooth, stirring occasionally.
- **3.** Place about 2 Tbsp. of the melted coating in a resealable plastic bag. Snip a small hole in a corner of the bag. On a piece of parchment paper, use the bag to pipe eighteen 1-inch stars. Sprinkle with edible glitter or let stand 30 minutes and brush with luster dust.
- 4. Dip the long uncut side of one of the wafer halves into remaining melted coating. Attach to another wafer half to form a tree shape, pressing gently. Dip edges of tree in coating. Return to rack. Sprinkle coarse sugar on wet coating. Repeat with remaining wafer halves. Attach stars using melted coating. Makes 18 cookies.

PER COOKIE 99 cal, 5 g fat (4 g sat fat), 4 mg sodium, 13 g carb, 12 g sugars



1 Roll out and cut cookies as shown (if your cutter has a tree trunk, cut it off so bottom edge is straight). Bake as directed, except immediately cut half the just-baked tree cookies in half vertically before cooling. 2 Using Royal Icing, decorate whole and halved cookie pieces as desired; let set. 3 Pipe or spread a line of icing vertically down the middle of a whole cookie and attach a half cookie to the icing; repeat on the other side. 4 Stand 3-D cookie to let set.

SHIMMERING MERINGUE TREES

HANDS ON 25 minutes **TOTAL TIME** 2 hours 30 minutes

- 3 egg whites
- $\frac{1}{2}$ tsp. vanilla
- tsp. cream of tartar
- cup sugar
- purchased thin gingersnap cookies 16 Green luster dust
- 1. Let egg whites stand at room temperature 30 minutes. Preheat oven to 250°F. Line a cookie sheet with parchment paper. In a medium bowl combine egg whites, vanilla, and cream of tartar. Beat with a mixer on medium until soft peaks form (tips curl). Gradually add sugar, 1 Tbsp. at a time, beating on high until stiff peaks form (tips stand straight) and sugar is fully dissolved.
- 2. Carefully transfer meringue to a pastry bag fitted with a large closed star tip. Place gingersnap cookies 1 to 2 inches apart on the prepared cookie sheet. Pipe a star on a cookie, then pipe two more stars on top to create tree shape. Repeat on remaining cookies.
- **3.** Bake 35 minutes or until meringue appears dry and is firm when lightly touched. (Do not let meringue brown.) Turn oven off; let trees dry in oven with the door closed I hour. Remove; cool on a wire rack. Brush trees with green luster dust. Makes 16 trees.

PER TREE 82 cal, 1 g fat, 49 mg sodium, 18 g carb, 14 g sugars, 1 g pro

ZESTY LIME SANDWICH COOKIES

HANDS ON 30 minutes **TOTAL TIME** 50 minutes

- cup butter, softened
- ½ cup granulated sugar
- tsp. lime zest
- 21/4 cups all-purpose flour **Lime Buttercream Filling**
- 1. Preheat oven to 325°F. Line two cookie sheets with parchment. In a large bowl beat butter with a mixer on medium to high 30 seconds. Add granulated sugar and lime zest. Beat until combined, scraping bowl

occasionally. Beat in flour (mixture may be crumbly). Use your hands to gather dough into a smooth ball. Divide dough in half.

- 2. On a lightly floured surface, roll one portion of dough at a time to about 1/8 inch thick. Using 2½-inch tree-shape cutters, cut out dough. Place cutouts 1 inch apart on prepared cookie sheets.
- **3.** Bake 10 to 12 minutes or until bottoms are golden. Cool on sheets 4 minutes; cool on wire rack.
- **4.** Spread bottoms of half the cookies with a generous layer of Lime Buttercream Filling. Top with remaining cookies. If desired, use remaining filling to decorate cookie tops. Makes 26.

LIME BUTTERCREAM FILLING In a large bowl beat 1/3 cup softened butter with a mixer on medium until smooth. Gradually add 2 cups powdered sugar, beating well. Slowly beat in 2 to 3 Tbsp. milk, 1 tsp. vanilla, and ½ tsp. grated lime zest. Gradually beat in an additional 2 cups powdered sugar. Beat in enough milk to reach spreading consistency. If you like, tint filling with green food coloring. Makes 2 cups. PER SANDWICH COOKIE 211 cal, 10 g fat (6 g sat fat), 25 mg chol, 76 mg sodium,

MATCHA-DRAGON FRUIT SLICE-AND-**BAKE TREES**

31 g carb, 22 g sugars, 1 g pro

HANDS ON 40 minutes **TOTAL TIME 1 hour 55 minutes**

- 3/4 cup butter, softened
- cup sugar
- tsp. baking powder
- egg
- tsp. vanilla
- 21/4 cups all-purpose flour



WATCH NOW

To see how our two-tone slice-and-bake trees come together, hover your smartphone camera over this code.

- 1/4 cup dragon fruit powder or freeze-dried raspberries*
- 2 Tbsp. matcha green tea powder
- $\frac{1}{2}$ cup whole almonds
- 1. In a large bowl beat butter with a mixer on medium 30 seconds. Add sugar, baking powder, and ¼ tsp. salt. Beat until combined, scraping bowl as needed. Beat in egg and vanilla. Beat in flour. Divide dough in half. Knead dragon fruit powder

into one portion of the dough; knead matcha into remaining portion. If necessary, cover and chill dough until easy to handle.

- 2. Shape green portion of dough into a 10-inch log. Shape into a triangular log by pinching lengthwise along one side to form a peak. Turn and repeat pinching lengthwise. Turn and repeat.
- **3.** On a lightly floured surface, roll red portion of dough to a 10×6-inch rectangle. Place matcha log lengthwise in center of rectangle. Bring sides of rectangle up over matcha log; seal edge. Wrap log with plastic wrap and freeze 1 hour or until firm.
- 4. Preheat oven to 375°F. Line a cookie sheet with parchment paper. Cut log into ¼-inch slices, rotating as needed to keep the triangular shape. Place slices 2 inches apart on prepared cookie sheet. Press an almond under each center bottom edge to resemble a trunk. Bake 6 to 8 minutes or until cookies are set. Cool on wire rack. Makes 42 cookies.

*TIP Look for red dragon fruit powder or freeze-dried raspberries online. Process raspberries in a blender or food processor; remove seeds through a fine-mesh sieve.

PER COOKIE 87 cal, 4 g fat (2 g sat fat), 13 mg chol, 46 mg sodium, 11 g carb, 5 g sugars, 1 g pro

MATCHA POWDER Two grades of matcha are available. **CULINARY MATCHA** is a slightly lower grade intended for use in smoothies, lattes, and baked goods. **CEREMONIAL MATCHA** is the highest-quality matcha; though it is best for drinking as a hot beverage, this grade holds its color best in baked goods.



MAPLE BUTTERCREAM CUTOUTS

HANDS ON 30 minutes
TOTAL TIME 1 hour 15 minutes

- 1 cup butter, softened
- 1 cup granulated sugar
- 1 tsp. baking soda
- 1 tsp. cream of tartar
- 1 egg
- 1/4 cup pure maple syrup
- 1 tsp. vanilla
- 2³/₄ cups all-purpose flour Maple-Cream Cheese Frosting
- 1. In a large bowl beat butter with a mixer on medium 30 seconds. Add sugar, baking soda, cream of tartar, and ½ tsp. salt. Beat until combined, scraping bowl as needed. Beat in egg, maple syrup, and vanilla. Beat in flour. Cover and chill 30 to 60 minutes or until dough is easy to handle.
- 2. Preheat oven to 375°F. On a well-floured surface, roll dough to 1/8 inch thick. Using 3-inch tree-shape cookie cutters, cut out dough. Place cutouts 2 inches apart on ungreased cookie sheets. Reroll scraps as needed.
- **3.** Bake 6 to 8 minutes or until edges are just brown. Remove; cool on a wire rack.
- **4.** Pipe dollops of Maple-Cream Cheese Frosting onto cookies. Pull a small spoon or butter knife through frosting to make teardrop shapes. Makes 30 cookies.

MAPLE-CREAM CHEESE FROSTING In a large bowl beat one 8-oz. pkg. softened cream cheese, ½ cup softened butter, ¼ cup pure maple syrup, and 2 tsp.

vanilla with mixer on medium until fluffy. Gradually beat in 6 cups powdered sugar until combined. If you like, tint frosting with paste or gel food coloring.

PER COOKIE 286 cal, 12 g fat (7 g sat fat), 38 mg chol, 181 mg sodium, 43 g carb, 34 g sugars, 2 g pro

NUT BUTTER SHORTBREAD TREES

We used natural almond butter for this cookie. If your family's favorite nut butter is peanut butter, choose a natural unsweetened one to keep the dough at the right consistency. Before you measure, stir the peanut butter to reincorporate any oil that has separated.

HANDS ON 20 minutes
TOTAL TIME 1 hour 20 minutes

- 1 cup butter, softened
- ½ cup natural unsweetened almond butter
- $\frac{1}{2}$ cup packed brown sugar
- $\frac{1}{2}$ tsp. almond extract
- 21/4 cups all-purpose flour
- ½ cup cornstarch Powdered sugar
- 1. In a large bowl beat butter, almond butter, brown sugar, and almond extract with a mixer on medium until well combined. In a medium bowl stir together flour, cornstarch, and ½ tsp. salt. Gradually add flour mixture to butter mixture, beating on low until combined. Divide dough in half. Cover and chill 30 to 60 minutes or until easy to handle.
- 2. Preheat oven to 300°F. On a lightly floured surface, roll one portion of dough at a time to ¼ inch thick. Using 3- to 3½-inch tree-shape cutters, cut out dough. Place cutouts 1 inch apart on ungreased cookie sheets. Reroll scraps as needed.
- **3.** Bake 22 to 24 minutes or until bottoms begin to brown. Cool on baking sheet 10 minutes. Remove; cool on wire racks. Before serving, dust cookies with powdered sugar. Makes 48 cookies.

PER COOKIE 85 cal, 5 g fat (3 g sat fat), 10 mg chol, 56 mg sodium, 8 g carb, 1 g fiber, 3 g sugars, 1 g pro

- RECIPES FROM PAGES 152-161 - $COME\ ON\ OVER!$

Recipes by Shauna Sever, author of *Midwest Made: Big, Bold Baking from the Heartland*.

FRUITCAKE COOKIE BARS

HANDS ON 30 minutes
TOTAL TIME 1 hour 25 minutes

- 5 cups dried fruit, such as
 tart cherries, cranberries, golden
 raisins, candied orange peel,
 red or green candied cherries,
 chopped figs, apricots, and/or
 candied citron
- $\frac{1}{2}$ cup coarsely chopped pecans
- $\frac{1}{2}$ cup coarsely chopped walnuts
- $\frac{1}{2}$ cup brandy
- 2 cups all-purpose flour
- 1 tsp. baking powder
- 1 tsp. ground cinnamon
- $\frac{1}{2}$ tsp. ground allspice
- $\frac{1}{4}$ tsp. freshly grated nutmeg
- 1½ cups packed dark brown sugar
- 3 eggs
- 1 cup unsalted butter, melted and cooled
- 2 tsp. vanilla
- 4 oz. bittersweet chocolate (72% to 75% cacao), chopped Powdered sugar (optional)
- **1.** Position a rack in center of oven. Preheat oven to 325°F. Coat a 13×9-inch light-color baking pan with *nonstick* cooking spray and line with parchment.
- 2. In a medium microwave-safe bowl combine dried fruits and nuts. Add brandy and stir well. Cover bowl tightly with plastic wrap. Microwave on high 2 minutes. Let stand, covered, 15 minutes.
- **3.** In a medium bowl whisk together flour, baking powder, cinnamon, allspice, nutmeg, and 3/4 tsp. salt.
- 4. In a large bowl vigorously whisk together brown sugar and eggs 1 minute or until lightened in color and texture. Whisk in melted butter and vanilla. Fold in flour mixture until no dry pockets remain. Add soaked dried fruit mixture and chocolate; stir until well blended. Pour batter into prepared pan and spread evenly.

- **5.** Bake 40 to 45 minutes or until golden and bars are just beginning to pull away from sides of pan. Cool on a wire rack.
- 6. To serve, remove slab from pan and place on a cutting board. Using a serrated knife, cut into bars. If you like, dust bars generously with powdered sugar. Store in an airtight container at room temperature up to 4 days or freeze up to 3 months. Makes 36 bars.

 PER BAR 215 cal, 9 g fat (4 g sat fat), 29 mg chol, 73 mg sodium, 32 g carb, 2 g fiber, 22 g sugars, 2 g pro

LACY OAT COOKIES

HANDS ON 20 minutes
TOTAL TIME 1 hour

- 1 cup unsalted butter
- 3 cups regular rolled oats
- $\frac{1}{2}$ cup packed light brown sugar
- ½ cup granulated sugar
- 2 eggs
- 1 tsp. vanilla
- 1/4 cup all-purpose flour
- 2 tsp. baking powder
- $\frac{1}{2}$ tsp. salt
- 8 oz. bittersweet chocolate (60% cacao), melted Flaky sea salt (optional)
- **1.** Position racks in upper and lower thirds of oven. Preheat oven to 350°F. Line two cookie sheets with parchment.
- **2.** In a medium saucepan melt butter over medium. Remove from heat.
- **3.** In a food processor or blender process 1½ cups of the oats to a coarse meal. Add ground oats and remaining 1½ cups whole oats to saucepan; stir well.
- 4. In a large bowl vigorously whisk together sugars, eggs, and vanilla 1 minute or until lightened in color and texture. Whisk in flour, baking powder, and salt. Add oat mixture; stir well. Let batter rest 15 minutes.
- 5. Drop batter by scant tablespoons at least 2½ inches apart onto prepared cookie sheets. Bake 12 minutes or until deep golden brown at edges. Let cool on cookie sheets 2 minutes. Remove; cool on a wire rack. Let cookie sheets cool; repeat with remaining batter.
- **6.** Drizzle cookies with melted chocolate

and, if you like, sprinkle with flaky salt; let set. Store in an airtight container at room temperature up to 3 days or freeze up to 3 months. Makes 45 cookies.

PER COOKIE 108 cal, 6 g fat (4 g sat fat), 18 mg chol, 72 mg sodium, 12 g carb, 1 g fiber, 6 g sugars, 1 g pro

SEEDY SCANDINAVIAN CRISPS

These barely sweet treats are more like a cracker than a cookie. The two-step baking technique is the same method used to make biscotti. Use a sharp serrated knife or electric knife to get neat, even slices for the final baking step.

HANDS ON 30 minutes **TOTAL TIME** 3 hours

- 1 cup whole wheat flour
- 1 cup rye flour
- 1 cup all-purpose flour, plus more for dusting
- 1 cup regular rolled oats
- 1½ tsp. baking soda
- $1\frac{1}{2}$ tsp. salt
- 1 tsp. dried oregano, crushed
- 1 tsp. dried thyme, crushed
- 1/2 tsp. freshly cracked black pepper
- 1 cup raw pistachios, coarsely chopped
- cup slivered blanched almonds, coarsely chopped
- 1 cup dried cranberries
- $\frac{1}{2}$ cup raw sunflower kernels
- $\frac{1}{2}$ cup raw pepitas
- 1/4 cup whole flaxseeds
- Tbsp. chia, poppy, and/or black sesame seeds
- 2 cups low-fat buttermilk
- 1/4 cup olive oil
- 2 Tbsp. honey
- **1.** Position racks in upper and lower thirds of oven. Preheat oven to 350°F. Line two baking sheets with parchment paper.
- **2.** In a large bowl stir together flours, oats, baking soda, salt, oregano, thyme, and black pepper. Stir in pistachios, almonds, cranberries, sunflower kernels, pepitas, flaxseeds, and chia seeds.
- **3.** In a medium bowl whisk together

buttermilk, oil, and honey. Pour wet ingredients into dry ingredients; mix well. The dough will be thick and sticky.

- 4. Dust a work surface with all-purpose flour. Divide dough in half. Dust the tops of dough portions and your hands with flour. Shape each dough portion into a 9×3×1½-inch plank. Transfer planks to prepared baking sheets.

 (A bench scraper is helpful in shaping neat planks and moving them to baking sheets.)
- **5.** Bake planks 30 to 35 minutes or until deep golden on the bottoms with slightly springy centers and a hollow sound when tapped (a slightly cracked surface is OK), rotating sheets from top to bottom and front to back halfway through baking. Cool completely on wire racks. Wrap planks in foil and freeze 1 hour or until firm.
- 6. Preheat oven to 275°F. Using a serrated or electric knife, cut planks into ¼-inch slices. Arrange slices on parchment-lined baking sheets. Bake 1 hour or until dry and crisp, rotating sheets as in Step 5 halfway through baking. Remove; cool on wire racks. If you like, serve crisps topped with blue cheese, lingonberry jam or honey, and fresh thyme leaves.

TO MAKE AHEAD Store crisps in an airtight container up to 4 days or freeze up to 3 months. To recrisp, preheat oven to 350°F. Arrange crisps on a baking sheet. Bake 5 minutes; cool completely. Makes 42 crisps.

PER CRISP 99 cal, 5 g fat (1 g sat fat), 120 mg sodium, 12 g carb, 2 g fiber, 3 g sugars, 3 g pro





WHITE CHOCOLATE EGGNOG

START TO FINISH 25 minutes

- 8 eggs, separated
- ½ cup sugarGenerous ¼ tsp. salt
- 4 cups whole milk
- 1 cup half-and-half
- 8 oz. high-quality white chocolate, chopped, plus shavings for garnish
- 2 tsp. vanilla extract or vanilla bean paste
 Freshly grated nutmeg, to taste
- cup brandy, dark rum, cognac, or any combination of these (optional)
- **1.** In a medium bowl beat egg whites with a mixer on medium until stiff peaks form (tips stand straight).
- 2. In a large bowl vigorously whisk together egg yolks, sugar, and salt 1 minute or until lightened in color and texture.
- 3. In a large saucepan combine milk and half-and-half. Bring just to a simmer over medium (don't let it boil). Gradually add hot milk to egg yolk mixture, whisking constantly. Return all to saucepan. Whisking constantly, cook over medium until mixture has thickened slightly and coats the back of a spoon. Reduce heat to its lowest setting. Whisk in chopped chocolate until completely melted. Stir in vanilla and nutmeg. Gently stir in beaten egg whites. Whisk in brandy (if using). Top with grated fresh nutmeg and/or shaved white chocolate. Makes 10 servings.

PER SERVING 369 cal, 17 g fat (9 g sat fat), 175 mg chol, 185 mg sodium, 30 g carb, 30 g sugars, 10 g pro

— RECIPES FROM PAGES 92-100 — GINGER ALL THE WAY

Recipes by Danielle Centoni.

GINGER, COCONUT & CURRY SHORT RIBS

HANDS ON 40 minutes
TOTAL TIME 3 hours 10 minutes

- 4 large shallots (8 oz.), peeled and cut into quarters
- 1 cup packed fresh cilantro

- 1 3-inch piece fresh ginger (1 oz.), peeled and sliced
- $\frac{1}{3}$ cup packed dark brown sugar
- ½ cup fish sauceZest and juice of 2 limes (1 Tbsp. zest and ½ cup juice)
- 3 Tbsp. red curry paste
- 4 garlic cloves
- 2 tsp. Chinese five-spice powder
- 1 tsp. ground cumin
- 4 lb. short ribs (8 to 10 ribs)
- 1 14-oz. can coconut milk
- 3 cups hot cooked jasmine riceToasted coconut chips (optional)
- **1.** Preheat oven to 325°F. For curry sauce: In a food processor combine shallots, cilantro, fresh ginger, brown sugar, fish sauce, lime zest and juice, curry paste, garlic, five-spice powder, and cumin. Process until nearly smooth.
- 2. Season ribs with kosher salt and black pepper. In a 6-qt. Dutch oven heat 1 Tbsp. vegetable oil over medium-high. Working in batches if necessary, arrange short ribs in Dutch oven in an even layer without crowding; cook 3 minutes per side or until browned. Transfer ribs to a plate. Drain all but 1 Tbsp. drippings from Dutch oven.
- **3.** Add curry sauce to Dutch oven; cook and stir 2 minutes. Stir in coconut milk. Add ribs; bring to simmering and cover. Place in oven; cook 2½ to 3 hours or until meat is very tender.
- **4.** Serve ribs and sauce over rice. If you like, garnish with additional cilantro and



the toasted coconut. Serve with *lime* wedges. Makes 6 servings.

PER SERVING 570 cal, 23 g fat (14 g sat fat), 70 mg chol, 1,269 mg sodium, 57 g carb, 2 g fiber, 12 g sugars, 30 g pro

SPICY SALAD WITH ROASTED VEGGIES

Powdered peanut butter is our shortcut for the ground peanuts traditionally found in suya. Look for it next to regular peanut butter at your grocery store.

HANDS ON 20 minutes

TOTAL TIME 45 minutes

- 2 Tbsp. powdered peanut butter
- 2 Tbsp. ground ginger
- 1 Tbsp. smoked paprika
- 1 Tbsp. onion powder
- 1 Tbsp. granulated garlic or 1½ tsp. garlic powder
- 2 cubes chicken bouillon, crushed
- 2 tsp. cayenne pepper
- 1 tsp. kosher salt
- 3 Tbsp. lemon juice
- 1 Tbsp. minced shallot
- 1 Tbsp. grated fresh ginger
- 1 tsp. honey
- 1 tsp. yellow mustard
- 7 Tbsp. olive oil
- 8 oz. carrots, peeled and cut into $1\frac{1}{2}$ -inch lengths
- 8 oz. sweet potatoes, peeled and cut into 1-inch chunks
- 8 oz. delicata squash, seeded and cut into 1-inch chunks
- 3 cups torn fresh escarole or spinach
- 2 scallions, thinly slicedChopped peanuts (optional)
- 1. For suya spice mix: In a small bowl combine powdered peanut butter, ground ginger, paprika, onion powder, granulated garlic, bouillon, cayenne, and kosher salt. (Spice mix can be stored in an airtight container at room temperature up to 3 months.)
- 2. For vinaigrette: In another small bowl whisk together lemon juice, shallot, grated ginger, 1 tsp. spice mix, the honey, and mustard. Let stand 15 minutes. Whisk in 5 Tbsp. of the olive oil until emulsified.
- **3.** Preheat oven to 425°F. Line a shallow baking pan with foil. In a large bowl toss carrots, sweet potato, and squash with

remaining 2 Tbsp. olive oil to coat. Add 3 Tbsp. of the spice mix; toss again. Arrange vegetables in an even layer in prepared pan. Roast 25 minutes or until browned and tender. Let cool slightly, then drizzle with 2 Tbsp. of the vinaigrette; toss to coat.

4. Serve vegetables over escarole and scallions with remaining dressing. If you like, sprinkle with peanuts and additional spice mix. Makes 4 servings.

PER SERVING 322 cal, 25 g fat (3 g sat fat), 242 mg sodium, 28 g carb, 6 g fiber, 9 g sugars, 3 g pro

SALMON & CABBAGE NOODLE BOWLS

Soba noodles are thin Japanese noodles made from buckwheat. To prevent sticky noodles, after cooking, rinse noodles in cold water to remove excess starch.

HANDS ON 15 minutes TOTAL TIME 1 hour

- cup dry sake, sherry, or white wine
- Tbsp. reduced-sodium soy sauce
- 2 Tbsp. toasted sesame oil
- 1 Tbsp. grated fresh ginger
- garlic cloves, minced
- tsp. red miso paste, soy sauce, or 2 fish sauce
- 6-oz. fresh salmon fillets with skin (about 1 inch thick)
- cups shredded fresh napa cabbage
- cups fresh snow pea pods, halved **Carrot-Ginger Dressing**
- oz. dried soba noodles, cooked and drained
- $\frac{1}{2}$ cup sliced radishes
- **1.** In a shallow dish whisk together sake, soy sauce, 1 Tbsp. of the sesame oil, the ginger, garlic, and miso paste. Add salmon, flesh side down. Let marinate at room temperature 30 minutes.
- **2.** Preheat oven to 425°F. Line a shallow baking pan with foil. Remove salmon from marinade and place skin side down in prepared pan. Brush with remaining 1 Tbsp. sesame oil. Bake 12 to 15 minutes or until fish flakes easily.
- 3. In a large bowl toss cabbage and pea pods with half of the Carrot-Ginger Dressing. Divide salmon, cabbage mixture, noodles, and radishes evenly

among four bowls; serve with remaining dressing. Makes 4 servings.

CARROT-GINGER DRESSING In a small saucepan cook 1 thinly sliced *carrot* in 1 inch of water, uncovered, about 8 minutes or until tender; drain and let cool. In a food processor combine carrot, 1 Tbsp. red miso paste, and 1 Tbsp. grated fresh ginger; pulse until smooth. Transfer to a bowl. Whisk in 2 Tbsp. each chopped scallion, reduced-sodium soy sauce, and rice vinegar, and 1 tsp. toasted sesame oil. Whisk in 2 to 3 Tbsp. water to thin to desired consistency.

PER SERVING 431 cal, 16 g fat (2 g sat fat), 93 mg chol, 849 mg sodium, 31 g carb, 4 g fiber, 4 g sugars, 41 g pro

SPICED GINGER-SCALLION OIL

HANDS ON 15 minutes **TOTAL TIME** 45 minutes

- cup peanut or vegetable oil
- large garlic cloves, smashed 4
- 3 whole star anise
- 3 cardamom pods, crushed
- 2 bay leaves
- tsp. black peppercorns
- bunches scallions (12 to 14 scallions total), trimmed, roughly chopped
- 3-inch piece fresh ginger (1 oz.), peeled and sliced
- fresh Thai chiles, stemmed
- 1. In a medium saucepan combine oil, garlic, star anise, cardamom, bay leaves, and peppercorns. Bring just to a simmer over medium; reduce heat to low. Gently simmer 30 minutes or until garlic is toasted and brown and oil is very fragrant.
- **2.** Meanwhile, in a food processor process scallions, ginger, and chiles until very finely chopped. Transfer to a medium metal bowl and add 1 tsp. salt. Set a fine-mesh sieve over bowl.
- **3.** When oil is done, increase heat to medium-high until sizzling. Immediately pour through sieve into bowl. Discard ingredients in sieve. Let oil cool. Transfer to an airtight container and refrigerate up to 1 week or freeze up to 3 months. Makes 1½ cups.

PER TBSP. 172 cal, 18 g fat (3 g sat fat), 198 mg sodium, 3 g carb, 1 g fiber, 1 g sugars, 1 g pro

GINGER-TURMERIC BARLEY PUDDING

Medjool dates are larger than regular dates, with a soft texture and buttery caramel flavor. They're usually in the produce section, but if you can't find them in your grocery store you can substitute regular dates.

HANDS ON 20 minutes **TOTAL TIME** 50 minutes

- 3 cups whole milk
- 1/2 cup uncooked pearl barley
- cup granulated sugar or honey
- 2-inch piece fresh ginger, peeled 1 and grated (2 tsp. packed)
- cinnamon stick
- tsp. freshly grated nutmeg
- 1/2 of a vanilla bean
- 2 egg yolks
- tsp. ground turmeric
- cup packed dark brown sugar
- $\frac{1}{2}$ -inch piece fresh ginger, peeled 1 and grated ($\frac{1}{2}$ tsp. packed)
- cup chopped pitted Medjool dates
- ¼ tsp. salt
- 1. In a large saucepan combine milk, barley, granulated sugar, 2 tsp. fresh ginger, cinnamon stick, nutmeg, and a pinch salt. Split vanilla bean lengthwise and scrape out seeds. Add seeds and pod to pan. Bring to a simmer over medium-high; reduce heat to low. Gently simmer, uncovered, 30 minutes, stirring occasionally.
- 2. In a small bowl whisk together egg yolks and turmeric. Gradually stir in



about 1 cup of the hot barley mixture. Stir egg mixture into pan; gently cook 1 minute or just until mixture thickens and a thermometer registers 195°F. Remove from heat; cool slightly. Remove and discard cinnamon stick and vanilla pod.

3. Meanwhile, for date-ginger syrup: In a small saucepan bring brown sugar, $\frac{1}{2}$ cup water, and $\frac{1}{2}$ tsp. ginger to a simmer over medium-high. Simmer, uncovered, 3 minutes or until syrup is reduced to $\frac{1}{2}$ cup. Remove from heat; stir in dates, additional ¼ tsp. salt, and two to three turns of black pepper. If necessary, stir in 1 to 2 Tbsp. water to reach drizzling consistency. Use immediately or chill until needed. Serve pudding warm or chilled; drizzle with date-ginger syrup. Makes 4 servings. PER SERVING 398 cal, 9 g fat (4 g sat fat), 111 mg chol, 249 mg sodium, 74 g carb, 5 g fiber, 53 g sugars, 10 g pro

PUMPKIN GINGERBREAD WITH SEEDY STREUSEL

Pumpkin bread meets gingerbread in this tender cake made with three kinds of ginger—fresh, ground, and crystallized.

HANDS ON 25 minutes
TOTAL TIME 1 hour

- 11/3 cups plus 1/2 cup all-purpose flour
- 1 cup granulated sugar
- 6 Tbsp. black and/or white sesame seeds
- 1/4 cup chopped crystallized ginger
- 3 Tbsp. raw pepitas
- 2 Tbsp. plus 1 tsp. ground ginger
- 2 tsp. ground cinnamon
- 6 Tbsp. unsalted butter, cut up
- $1\frac{1}{2}$ tsp. baking powder
- $\frac{1}{2}$ tsp. baking soda
- $\frac{1}{2}$ tsp. kosher salt
- 1/4 tsp. freshly grated nutmeg
- 1/4 tsp. ground cloves
- $\frac{1}{8}$ tsp. ground cardamom
- 1 cup canned pumpkin
- 3/4 cup vegetable oil
- 3/4 cup packed dark brown sugar
- 3 eggs
- 3-inch piece fresh ginger, peeled and grated (1 Tbsp. plus 1 tsp.)

- **1.** Preheat oven to 350°F. Grease and flour a 9-inch square baking pan.
- 2. For streusel: In a medium bowl combine the ½ cup flour, ¼ cup of the granulated sugar, the sesame seeds, crystallized ginger, pepitas, 1 tsp. of the ground ginger, 1 tsp. of the cinnamon, and a pinch salt. Work in butter until incorporated and mixture starts to hold together. Press some of the streusel into large chunks.
- remaining 1½ cups flour and 2 Tbsp. ground ginger, the baking powder, remaining 1 tsp. cinnamon, the baking soda, ½ tsp. kosher salt, the nutmeg, cloves, and cardamom.
- 4. In a medium bowl whisk together pumpkin, oil, brown sugar, remaining ³/₄ cup granulated sugar, the eggs, and fresh ginger. Whisk wet ingredients into dry ingredients until well mixed.
- **5.** Pour batter into prepared pan; sprinkle with streusel. Bake 35 to 40 minutes or until a toothpick comes out clean; let cool. Makes 16 servings. **PER SERVING** 327 cal, 18 g fat (5 g sat fat), 46 mg chol, 141 mg sodium, 39 g carb, 2 g fiber, 22 g sugars, 4 g pro

— RECIPES FROM PAGES 108-111 —— ONA HOLIDAY ROLL

MULTIGRAIN ROLL WREATH

HANDS ON 35 minutes
TOTAL TIME 2 hours 25 minutes

 $4\frac{1}{2}$ to 5 cups all-purpose flour

- 2 pkg. active dry yeast $(4\frac{1}{2} \text{ tsp.})$
- 1½ cups milk
- 3/4 cup butter, cut up
- ⅓ cup honey
- 3 eggs
- 1 cup whole wheat flour
- $\frac{1}{2}$ cup quick-cooking rolled oats
- 1/4 cup toasted wheat germ
- 1 tsp. each white and/or black sesame seeds, chia seeds, and flaxseeds



Pick up our collection of delicious ways to celebrate the season on newsstands and at Magazine.Store/Holiday.

- 2 Tbsp. finely chopped fresh herbs, such as oregano, thyme, rosemary, and/or sage
- 1. In a large bowl combine 2 cups of the all-purpose flour and the yeast. In a medium saucepan combine milk, butter, honey, and 2 tsp. salt. Heat and stir until warm (120°F to 130°F). Add to flour mixture. Add two of the eggs. Beat with a mixer on medium 30 seconds. Beat on high 3 minutes, scraping bowl as needed. Beat in whole wheat flour, oats, and wheat

germ. Beat in as much of the remaining all-purpose flour as possible. Stir in as much of the remaining flour as you can.

- 2. Turn dough out onto a lightly floured surface. Knead in enough remaining flour to make a smooth, elastic dough (5 to 8 minutes). Shape into a ball; place in a buttered bowl, turning to coat dough surface. Cover; let rise in a warm place until double in size (1 to 1½ hours).
- **3.** Meanwhile, line a large baking sheet with parchment paper. Draw a 12-inch circle on paper. (A round baking pan or plate makes a good template.) Turn paper over so marked side is down.
- **4.** Punch dough down. Turn out onto a lightly floured surface. Cover and let rest 10 minutes. Divide dough into six portions. Divide each portion into six pieces. Shape into 36 balls, pinching edges of dough under each ball to form a tight seamless round. Arrange 22 balls



close together on the drawn circle. Arrange remaining 14 balls about 1 inch inside the circle of dough balls. (Rolls will expand to touch during baking.) Cover loosely with a clean towel and let rise in a warm place until nearly double in size (30 to 45 minutes).

5. Preheat oven to 375°F. Whisk together remaining egg and 1 Tbsp. water. Brush rolls with egg mixture. Sprinkle with seeds and chopped herbs. Bake about 18 minutes or until golden brown. If you like, garnish with additional herbs. Makes 36 rolls.

PER ROLL 132 cal, 5 g fat (3 g sat fat), 26 mg chol, 171 mg sodium, 19 g carb, 1 g fiber, 3 g sugars, 4 g pro

GARLIC & HERB SWIRL BREAD

HANDS ON 30 minutes TOTAL 2 hour 45 minutes

 $3\frac{1}{2}$ to 4 cups all-purpose flour

- pkg. active dry yeast (21/4 tsp.)
- 3/4 cup milk
- Tbsp. butter, softened
- Tbsp. sugar 2
- 3 eggs, lightly beaten
- cup finely chopped fresh basil
- 1/4 cup grated Parmesan cheese
- Tbsp. finely chopped oil-packed 2 dried tomatoes, patted dry
- 1½ Tbsp. chopped fresh thyme
- Tbsp. finely chopped fresh oregano
- garlic cloves, minced 3
- 1/4 tsp. crushed red pepper
- **1.** In a large bowl stir together 2 cups of the flour and the yeast. In a small saucepan combine milk, 2 Tbsp. of the butter, the sugar, and 1 tsp. kosher salt. Heat and stir until warm (120°F to 130°F). Add milk mixture and eggs to flour mixture; stir until combined. Stir in as much of the remaining flour as you can.
- **2.** Turn dough out onto a lightly floured surface. Knead in enough of the remaining flour to make a soft dough that is smooth, lightly tacky, and elastic (about 3 minutes). Shape dough into a ball. Place in a lightly greased bowl, turning to coat surface of dough. Cover and let rise in a warm place until nearly double in size (about 1 hour).

- **3.** Meanwhile, combine remaining 4 Tbsp. butter, the basil, Parmesan, dried tomatoes, thyme, oregano, garlic, and crushed red pepper.
- **4.** Line a baking sheet with parchment paper. Punch dough down. Turn out onto a lightly floured surface. Cover; let rest 10 minutes. Roll dough into an 18×12-inch rectangle. Spread herb butter over dough, leaving a 1-inch border on one long side. Roll up rectangle, starting from filled long side; seal seam with fingertips. Using a serrated knife, cut roll in half lengthwise, leaving an inch intact at one end. Turn dough strips cut sides up; carefully twist over each other. Pinch ends together.
- **5.** Starting at top, coil the rope like a snake, stopping halfway. Coil other half of rope in opposite direction to create a tight S shape (see how-to, page 111). Transfer loaf to prepared baking sheet. Lightly cover with greased plastic wrap and let rise in a warm place until nearly double in size (about 45 minutes).
- **6.** Preheat oven to 375°F. Bake 30 minutes or until golden brown and a thermometer registers 200°F. Brush warm bread with melted butter. Makes 12 servings. PER SERVING 232 cal, 8 g fat (5 g sat fat),

64 mg chol, 198 mg sodium, 32 g carb, 1 g fiber, 3 g sugars, 7 g pro

- RECIPES FROM PAGES 120-123 COMIN' IN HOT

Recipes by Molly Yeh, author of Molly on the Range.

SHAWARMA **CASSEROLE**

HANDS ON 25 minutes **TOTAL TIME 50 minutes**

- Tbsp. plus 2 tsp. olive oil
- medium yellow onion, chopped
- garlic cloves, minced
- 41/2 tsp. Shawarma Seasoning
- lb. ground turkey
- 14.5-oz. can diced tomatoes, undrained
- $1\frac{1}{2}$ cups chicken or beef broth

- cups cooked basmati rice
- 2 cups unseasoned pita chips
- 1/2 cup tahini
- 1/4 cup plain Greek yogurt Juice of 1 lemon
- $\frac{1}{2}$ cup fresh herbs (cilantro, parsley, or mint, or any combination) **Lemon wedges**
- 1. Preheat oven to 350°F. In a 4- to 6-qt. pot heat the 2 Tbsp. olive oil over medium-high. Add onion, garlic, and a pinch salt. Cook 5 to 6 minutes or until soft, stirring frequently. Add 4 tsp. of the Shawarma Seasoning; cook and stir 1 minute or until fragrant. Add ground turkey and season with ½ tsp. salt and a few turns of black pepper. Cook turkey, breaking it up with a wooden spoon, until cooked through and no longer pink. Add tomatoes and chicken broth; bring to boiling. Stir in rice. Transfer to a greased 13×9-inch baking dish.
- 2. In a medium bowl crunch pita chips with your hands into smaller pieces. Drizzle with 2 tsp. olive oil and sprinkle with remaining ½ tsp. Shawarma Seasoning and additional salt and pepper; toss to combine. Spread pita chips evenly over casserole. Bake, uncovered, 25 to 30 minutes or until chips are dark and crunchy.
- 3. While casserole is baking, make the tahini sauce: In a small bowl whisk together tahini, 1/3 cup cold water, yogurt, and lemon juice until smooth. Season with additional salt and pepper.
- **4.** Drizzle tahini sauce over casserole and top with fresh herbs. Serve with lemon wedges. Makes 8 servings.

SHAWARMA SEASONING

Stir together 1 tsp. each ground cumin, ground coriander, ground ginger, garlic powder, and paprika; ¼ tsp. each ground cardamom, ground turmeric, ground cinnamon, and black pepper; and a pinch ground cloves.

PER SERVING 372 cal, 19 g fat (3 g sat fat), 41 mg chol, 476 mg sodium, 35 g carb, 3 g fiber, 4 g sugars, 18 g pro



Check the spice aisle of the grocery store for shawarma spice blend or mix your own.





DILL CHICKEN **EVERYTHING BAGEL** BISCUIT CASSEROLE

HANDS ON 35 minutes **TOTAL TIME 1** hour 55 minutes

 $3\frac{1}{3}$ cups plus $\frac{1}{4}$ cup all-purpose flour

- Tbsp. baking powder
- $1\frac{1}{2}$ tsp. kosher salt
- tsp. baking soda
- cup cold unsalted butter, cut up
- 1½ cups buttermilk
- 3 Tbsp. unsalted butter
- 1 medium yellow onion, chopped
- 3 medium carrots, finely chopped
- 2 cups plus 1 Tbsp. half-and-half
- 14.5-oz. can reduced-sodium chicken broth
- 11/4 lb. skinless, boneless chicken thighs, cut into 3/4-inch pieces
- 3/4 cup frozen peas
- cup fresh dill, roughly chopped 1/4
- 2 Tbsp. poppy seeds
- 2 Tbsp. sesame seeds
- 2 Tbsp. dried minced garlic
- Tbsp. dried minced onion 2 Pinch caraway seeds
- 1. Preheat oven to 425°F. For biscuit dough: In a large bowl whisk together 31/3 cups flour, the baking powder, salt, and baking soda. Add the 1 cup butter and rub together with your fingers until butter is evenly distributed in pea-size bits. Gently fold in buttermilk until a soft and sticky dough forms. Wrap in plastic wrap. Chill 20 minutes. 2. Meanwhile, in a 4- to 6-qt. pot melt the 3 Tbsp. butter over medium. Add

onion, carrots, and a pinch salt; cook 8 to 10 minutes or until soft, stirring frequently. Add the ¼ cup flour and stir to evenly distribute. Cook 1 to 2 minutes or until flour begins to smell toasty, stirring frequently. Whisk in 2 cups half-and-half and the chicken broth until combined. Bring to boiling, stirring occasionally with a wooden spoon or rubber spatula so mixture does not scorch on the bottom. Once it is boiling and thickened enough to coat the spoon, add chicken, peas, and a couple turns of *black pepper*. Return to boiling; reduce heat. Cook, uncovered, 10 to 12 minutes or until chicken is cooked through, stirring occasionally. Stir in dill and season with additional salt. Transfer to a greased 13×9-inch baking dish.

- **3.** In a small bowl stir together poppy seeds, sesame seeds, garlic, onion, caraway seeds, and a pinch salt.*
- **4.** On a lightly floured surface, pat or roll biscuit dough until ½ to ¾ inch thick. Cut into desired shapes; arrange biscuits on top of chicken mixture, rerolling scraps as necessary. Brush the 1 Tbsp. half-and-half over biscuits and sprinkle with seed mixture.
- **5.** Place a foil-lined shallow baking pan on the rack below where the casserole will bake. Bake, uncovered, 30 minutes or until biscuits are golden brown. Let stand 20 minutes before serving. Makes 8 servings.
- ***TIP** If you like, substitute ⅓ to ½ cup everything bagel seasoning for the mixture in Step 3.

PER SERVING 643 cal, 39 g fat (22 g sat fat), 121 mg chol, 851 mg sodium, 56 g carb, 4 g fiber, 8 g sugars, 19 g pro

SPICY WHITE BEAN CASSEROLE WITH CALABRIAN CHILES

HANDS ON 35 minutes **TOTAL TIME 1** hour 20 minutes

- oz. sliced pancetta, chopped
- medium yellow onion, chopped
- garlic cloves, minced
- tsp. dried oregano
- 15-oz. cans gigante beans, butter beans, or cannellini beans, rinsed and drained

- to 4 jarred Calabrian chile peppers or peppadew peppers, finely chopped (seeds included)
- 1 cup reduced-sodium chicken broth
- 1 cup heavy cream
- cup cream cheese (2 oz.), cut up and softened
- 2 cups shredded mozzarella cheese
- $\frac{1}{2}$ cup grated Parmesan, plus more for topping Zest of 1 lemon plus juice of half of the lemon
- cups fresh broccoli florets
- cup panko 1
- Tbsp. oil from jarred Calabrian chile peppers or olive oil Handful of torn basil leaves Crushed red pepper for topping
- 1. Preheat oven to 400°F. In a 4- to 6-qt. pot cook pancetta over medium 6 to 8 minutes or until crisp. Add onion, half of the garlic, and a big pinch kosher salt; cook 8 to 10 minutes or until very soft and translucent. Add oregano, beans, and chiles; toss to combine. Add chicken broth, cream, and cream cheese; bring to a simmer. Simmer gently 4 to 5 minutes or until cream cheese is melted. Stir in a handful of mozzarella, half of the grated Parmesan, and half of the lemon zest.
- 2. Once everything is completely melted, turn off heat and stir in broccoli. Taste and adjust seasoning. Transfer to a greased 13×9-inch baking dish. Top with remaining mozzarella, sprinkling it in an even layer all the way to the edge.
- 3. In a small bowl toss panko with the Calabrian chile oil; remaining garlic, Parmesan, and lemon zest; a couple turns of black pepper; and a pinch salt. Scatter panko mixture over casserole. Bake, uncovered, 25 to 30 minutes or until mixture is bubbly, cheese is melty, and panko



CALABRIAN **CHILES**

These small fiery chiles are cured in olive oil and sold in jars. Look for them at specialty grocers or online.

is lightly browned. Squeeze juice from lemon half over casserole. Let stand 20 minutes before serving. Top with additional Parmesan, the basil, and a sprinkle of crushed red pepper. Makes 8 servings.

PER SERVING 384 cal, 25 g fat (13 g sat fat), 64 mg chol, 803 mg sodium, 29 g carb, 6 g fiber, 5 g sugars, 17 g pro

CHINESE TAKE-**OUT CHILI CRISP CASSEROLE**

HANDS ON 20 minutes **TOTAL TIME 55 minutes**

- 3 cups chicken broth
- 1/4 cup black bean garlic sauce
- 2 Tbsp. cornstarch
- Tbsp. honey
- Tbsp. sambal oelek
- tsp. toasted sesame oil
- oz. lap cheong (Chinese sausage) (optional), sliced
- lb. ground pork
- to 6 scallions, thinly sliced, white and green parts separated (about 1 cup total)
- Tbsp. grated fresh ginger
- 2 to 3 garlic cloves, minced
- cup Shaoxing cooking wine, dry sherry, or chicken stock
- cups coarsely chopped napa cabbage
- cups cooked jasmine rice
- 5- to 6-oz. container crunchy chow mein noodles
- Tbsp. chili crisp (stir to make sure to get a nice mix of chili and oil)



- **1.** Preheat oven to 350°F. For sauce: In a 4-cup measuring cup whisk together broth, garlic sauce, cornstarch, honey, sambal oelek, and sesame oil.
- 2. In a 4- to 6-qt. pot cook sausage (if using) over medium-high 2 minutes or until sausage is browned, some of the fat is rendered out, and the edges are dark. (There is a lot of sugar in Chinese sausage so be careful not to burn it.) Add ground pork and season with a pinch salt and a couple turns of black pepper. Cook 4 to 5 minutes or until pork is no longer pink and any liquid is cooked off. Add scallion whites, ginger, and garlic; cook 1 minute. Deglaze pot with wine; cook 2 minutes or until liquid is gone.
- **3.** Stir sauce and add to pot. Cook and stir until thickened and bubbly. Remove from heat; stir in cabbage and rice. Transfer to a greased 13×9-inch baking dish. Cover; bake 25 minutes or until bubbly and hot.
- **4.** In a bowl toss crunchy noodles with chili crisp until fully coated. Uncover casserole and top evenly with noodles. Bake 10 minutes more or until noodles are toasted and a shade darker. Remove from oven; sprinkle with scallion greens. Makes 8 servings.

PER SERVING 511 cal, 27 g fat (7 g sat fat), 62 mg chol, 1,080 mg sodium, 45 g carb, 3 g fiber, 10 g sugars, 28 g pro ■

SWEEPSTAKES RUI FS

DAILY SWEEPSTAKES

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(4) Requested Copies Distributed by Other Mail Classes Through the USPS: 0

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(3) Nonrequested Copies Distributed Through the USPS by Other Classes of Mail: 0 (4) Nonrequested Copies Distributed Outside the Mail: 8,002

e. Total Nonrequested Distribution: 465,486

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g. Copies not Distributed: 177,887

h. Total: 7,352,768

i. Percent Paid and/or Requested Circulation: 93.51%

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(3) Sales Through Dealers and Carriers, Street Vendors, Counter Sales, and Other Paid Distribution Outside USPS: 80,200

(4) Requested Copies Distributed by Other Mail Classes Through the USPS: 0

c. Total Paid and/or Requested Circulation: 6,681,877

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(3) Nonrequested Copies Distributed Through the USPS by Other Classes of Mail: 0 (4) Nonrequested Copies Distributed Outside the Mail: 7,000

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f. Total Distribution: 7,164,734 g. Copies not Distributed: 196,068

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i. Percent Paid and/or Requested Circulation: 93.26%

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18. Signature and title of editor, publisher, business manager, or owner Chris Susil, VP/Planning & Analysis. Date: September 20, 2021. I certify that all information furnished on this form is true and complete. I understand that anyone who furnishes false or misleading information on this form or who omits material or information requested on the form may be subject to criminal sanctions (including fines and imprisonment) and/or civil sanctions (including civil penalties).

your guide to a happy, heatthy life



The number of years the development of Alzheimer's disease can be delayed when you engage in activities such as playing cards, doing puzzles, and writing letters.

Scientists discovered this after tracking nearly 2,000 older adults who did cognitively stimulating activities almost every day. Free games are available at *cardgames.io* or *sudoku.com* so you can play anywhere, anytime.

DECEMBER 5-11

It's National Influenza Vaccination Week

If you haven't already gotten your shot, now's the time. The vaccine can prevent you from getting sick, reduce the severity of symptoms, and protect against complications like pneumonia. It's even more important to get the flu shot this year with COVID and its variants circulating at the same time.

80%

OF PEOPLE SAY
THEY'RE SHOPPING
MORE ON
THEIR PHONES AND
TABLETS.

Before swiping to buy, take these safety steps.

Avoid public Wi-Fi; hackers can steal your credit card number. Go to the site directly, not through an email. Make sure you're on a secure network. (Look for a lock symbol by the URL, which should start with https.) Use a credit card; it usually has better fraud protection than a debit card.

PERCENT

OF PEOPLE WEARING A FITNESS TRACKER BECAME

MORE ACTIVE, SAYS NEW RESEARCH.

Looking at the data of more than 4,200 people with heart disease or diabetes, scientists found that nearly three in four people increased their activity after wearing a fitness watch or pedometer for at least three months; those wearing a pedometer logged an extra 1,877 steps daily. A few to try: iTouch Slim Fitness Tracker (\$30), Garmin Vívofit 4 (\$80), or Fitbit Charge 5 (\$180).

IF YOU EAT LOTS OF OMEGA-3 FATS, YOU COULD ADD UP TO 5 YEARS TO YOUR LIFE.

Women need 1.1 grams daily of this healthy fat; men require 1.6 g. Get your dose from fish (3 oz. cooked salmon = 1.8 g; 3 oz. sardines = 1.2 g), flaxseed (1 Tbsp. = 2.4 g), or walnuts (1 oz. = 2.6 g). Or talk to your doc about taking a fish oil supplement. ■



BY: SHARON LIAO; PHOTOS: (CARDS) PAVLEN/ISTOCK BY GETTY IMAGES, (CAPSULES IN TIN)

PETER DAZELEY/GETTY IMAGES



NEW CONVENIENCE PACK



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boost your health THIS WINTER

We love this season for sports and cozy nights by the fire, but colder weather can also take a toll on us. Try these easy moves to stay in great condition no matter the conditions.



BOOST YOUR

SLEEP

When the temps are chilly, our tendency is to crank up the heat and bundle up in warm pj's under a blanket. But you'll actually sleep better in a cool, moderately humid room. Lack of vitamin D also affects sleep. Less sun exposure in the winter means your body makes less vitamin D, and low D levels have been associated with a higher risk of sleep disorders.

YOUR RX

Dry air can irritate the nose and throat, making you uncomfortable at night, says Lise Alschuler, N.D., professor of

Consider a humidifier.

N.D., professor of clinical medicine at the University of Arizona Andrew Weil Center for Integrative Medicine.

Keep your bedroombetween 65°F and

70°F. This range may stimulate parts of the brain that help support your sleep cycle.

Resist the urge to sleep in.

The longer nights might tempt us to indulge in more shuteye, but that makes it harder to fall or stay asleep at night. Get up at the same time every morning to help keep your body on schedule.

Have your vitaminD checked.

Levels should be between 20 and 40 ng/ml. If yours is low, talk to your doc about supplementing, Alschuler says.

BOOST YOUR

IMMUNITY

We spend more time indoors in closer contact with others during winter, and flu and other viruses stay airborne longer in the drier air that comes in cool months.

YOUR RX • Exercise the right amount.

Exercise may help flush bacteria from the lungs and help your immune system fight infections better, Alschuler says. But too much can dampen your immune response. The sweet spot: 30 to 45 minutes of moderately intense activity (think brisk walking) per day.

■ **Get your vitamin C.** It can stimulate the activity of white blood cells, a key to fighting infection. We absorb vitamin C best from food, so aim to get yours through citrus fruits, red and yellow bell peppers, and kiwis. One

note: If you're under stress, have been exposed to someone who's sick, or know that your immune system is diminished, you might benefit from supplementing with 500 mg of vitamin C per day.

FOODS HIGH IN
VITAMIN C
INCLUDE CITRUS
FRUITS, RED
AND YELLOW
PEPPERS,
AND KIWI.





BOOST YOUR

Shorter days coupled with a short supply of sun can disrupt the body's production of certain hormones, including serotonin, that help us feel energized and happy, says Frank Lipman, M.D., a functional medicine doctor in New York City. This can make you feel sluggish and gloomy. For some people, it can even cause seasonal affective disorder (SAD), a form of clinical depression.

YOUR RX

Snack right.

When we're low on serotonin, we often crave sweets for a quick boost. But then blood sugar tumbles, making us irritable. Try a bowl of nuts or guacamole with veggies, which will help stabilize your blood sugar—and your mood.

Check out bright light therapy.

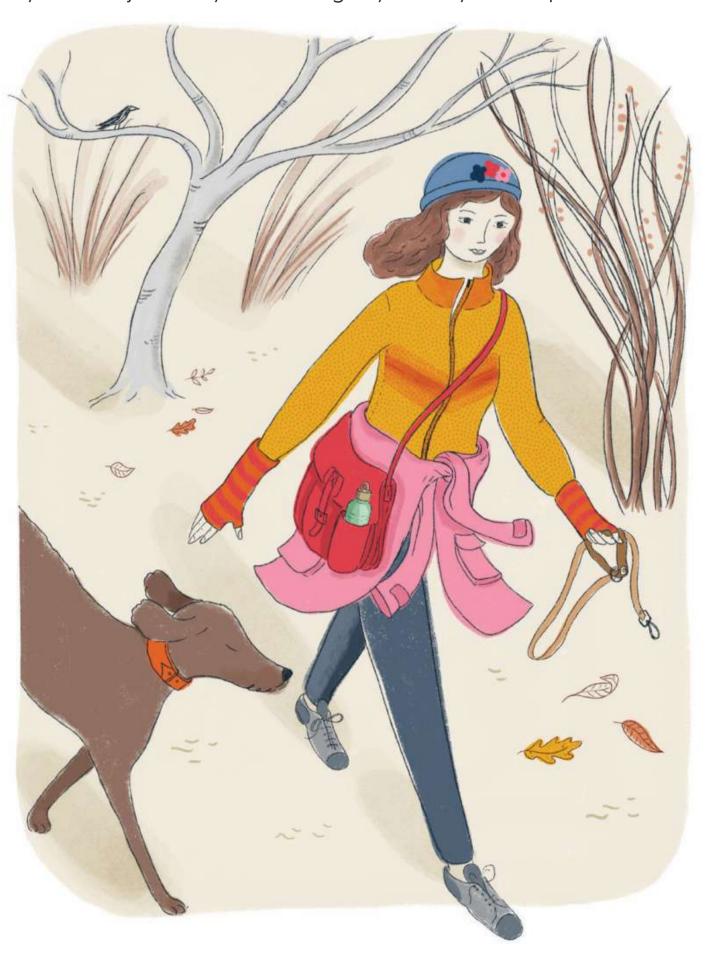
BLT, where you sit in front of a special light box that mimics natural outdoor light, can help improve symptoms of SAD. Experts think the light helps you produce hormones that regulate mood and the sleepwake cycle.

BOOST YOUR

EXERCISE ROUTINE

Cold temps can put your motivation to move on ice. But it's important to stay active whether indoors or out—to keep your mood, sleep, and immunity at their best.

YOUR RX • Start slowly. Cold weather can tighten muscles; if you exercise too hard too quickly, you run the risk of pulling a muscle. March in place or walk first. • Stay well-hydrated. Research shows that the body's thirst response is reduced by up to 40 percent when exercising in cold. Even indoors you may not sweat as much or realize how much water you're losing. **Dress right.** If you're headed outdoors, dress in layers so you can adjust what you're wearing as your body warms up.





These conditions can be exacerbated by winter weather.

ASTHMA

Breathing cold, dry air can inflame and narrow the airways. Wear a scarf around your mouth and nose to keep the air you breathe moist and warm. Always carry your quick-relief inhaler.

ECZEMA

Outdoor winter air, indoor heating, and hot showers all sap the moisture from your skin, which can worsen eczema. Try a humidifier and moisturize a lot. For bad spots, ask your dermatologist about an ointment formulated for eczema.

PSORIASIS

Less sunlight, drier air, stress, and illness may trigger psoriasis flares. Consider phototherapy, which reduces itching and inflammation by exposing skin to a controlled amount of UV light.

DRY EYES

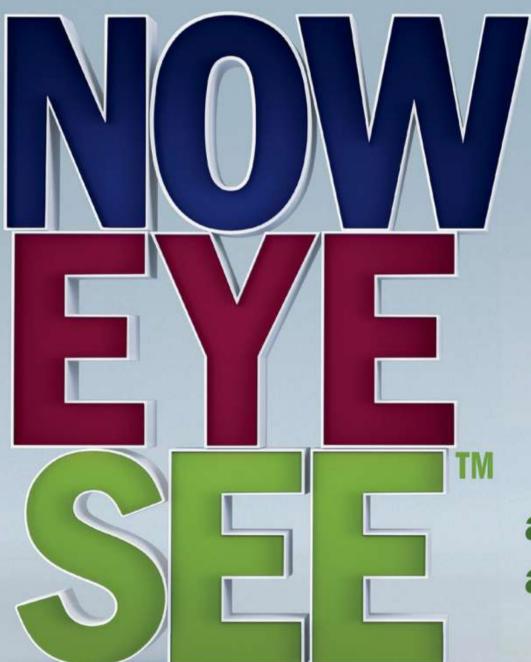
Dry air inside and outside aggravates this condition. Wearing sunglasses outside and drinking plenty of fluids can help. If things get really bad, your doctor can prescribe drops to help increase tear production or decrease inflammation.

Try restorative yoga, which focuses on stillness, deep breathing, and holding poses longer. It can relieve stress, which helps mood and immunity.

IF YOU HAVE DIABETES— YOUR EYES NEED ATTENTION

If you have diabetes, excess blood sugar can damage the blood vessels inside your eyes—a condition known as diabetic retinopathy. Even if your vision seems fine and you don't notice it happening, there still may be damage that could lead to vision loss. Fortunately, an eye doctor may be able to help your eyes and protect against vision loss.

Just say to yourself, "Now Eye See."



is the time to get your eyes checked

care is key to your future with diabetes

a path forward with actions and potential treatment options

Make eye care a priority and talk to an eye care professional today. Learn more at **NOWEYESEE.com**.





better than 110 W

If you've embraced the decluttering craze, the boom in online consignment shops means there are countless outlets for cashing in. Buyers get a deal, too, so everyone wins. We'll help you find the right site for you.

nyone who has ever engaged in a KonMaristyle clean-out faces a quandary: What to do with all that stuff? Selling online helps you remove what you no longer need and rewards your effort with cash in your pocket. And sellers aren't the only ones who benefit. Buying secondhand is less expensive as well as eco-smart because items go to new homes rather than the landfill.

If you just want to get rid of things, consider a site that takes the items off your hands and does the legwork for you. The site dictates the selling price and takes a larger commission. If you're looking to make some money, consider a company where you oversee all aspects of the sale and it takes a lower commission. Remember you'll need to store those things until they sell.



66 There's something about listing an item, having it sell, and getting money that's as satisfying as a slot machine landing on red sevens. I feel like I've won a little jackpot every time. Shari smith, eBay Super Seller

Tips for Sellers

DESCRIPTIONS

Honesty will keep
buyers happy and
avoid returns or
negative feedback.
Describe the
item accurately,
including condition
and flaws.

PHOTOS

Use good lighting
to show what
the item truly looks
like—no filters or
image altering. A
white sheet or poster
board creates a
seamless backdrop.

PRICING

Research shows
items with free
shipping sell faster.
Use a scale and an
online calculator to
work shipping rates
into your price.

BUNDLING

Popular for kids items. Group five to 20 pieces in the same size or in a grow-with-me collection. It's quicker than posting pieces individually.

AUCTIONS

Time the bidding period to end when people are likely to be shopping. Research indicates Sunday evenings have the highest traffic.





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Available Exclusively At MENARDS®



Tips for Shoppers

KEYWORDS

Start searching with the correct spelling, then think of typical misspellings or variations (like mid century, midcentury, midcentury). You'll find more options so you can often snag a deal.

FACTS

Ask if photos show all imperfections and request more if they don't. Research clothing sizes— whether the brand runs big, small, or true—and shoe size conversions (a U.S. 9 is an Italian 39 and a French 40). For furnishings, check the dimensions.

HIDDEN COSTS

Determine if the buyer is responsible for shipping, then factor that cost into how much you are willing to spend.
Customs fees may apply to items from another country.

RETURNS

Return policies vary by platform and seller, so review before you click buy.



>>> COST-BENEFIT ANALYSIS

Weigh your time versus an item's value. It takes time to post pictures, write descriptions, monitor listings, and deal with shipping. Is your main goal to make money or to get rid of the item?

FULL-SERVICE FASHION

Ship your items
directly to these sites
with a free, prepaid
label. They inspect,
photograph, price,
and list your items.
They are an ideal
choice if you're ready
to clear out stuff
regardless of what
you might earn.

THE REALREAL

Specializing in new to like-new designer fashion, TRR is a good place to sell that splurge dress you'll never wear again and a great place for buyers to score a deal. Prices are typically highest for the first 30 days, then TRR starts discounting. (We've seen \$250 threads reduced to \$25.) Fees range from a 15 to 60 percent cut depending on an item's value. You'll earn more by opting for store credit.

THREDUP

Be it Gap or Gucci, every label has a buyer here. The online payout estimator gives sellers a sense of earning potential. ThredUp sends a



bag to fill and pays as items sell. It recycles the rest. Buyers can save searches, and the site will ping them when a matching item comes up for sale.

SELF-SERVICE FASHION

On peer-to-peer sites sellers control all aspects of a sale: photographing, listing, and shipping items. Placing a listing is pretty straightforward: Upload a picture, write a title and description, set the price, then post via the app or website.

POSHMARK

This site is all about the social experience. Users follow, like, comment, and share listings to gain a more visible profile and establish connections with like-minded shoppers. Followers often become repeat buyers. For sales less than \$15, Poshmark takes a flat fee of \$2.95. For sales of \$15 or more, the charge is 20 percent.

TRADESY

Focused exclusively on women's fashion, its users sell everything from T-shirts to luxury handbags. Cool feature: Tradesy
offers a free imagecleaning service that
removes distracting
backgrounds
from pictures, setting
you up for faster
sales. Its pricing
suggestions reflect
brand, condition, and
category. Tradesy's
cut is \$7.50 on items
under \$50 and
19.8 percent on
anything over that.

KIDS

The secondhand market for kids clothing and gear is always hot because kids usually grow faster than they can wear out their stuff.

KIDIZEN

This kid-focused site has a genuine community feel where sellers advise each other, share listings, and promote sales. It's a peer-to-peer model that lets you set your price and ship to buyers with prepaid shipping labels (payable by buyer or seller via the app). A full-service option is also available in select states. Kidizen's cut is 12 percent plus a 50-cent fee on each order after it sells.

CURATED HOME

Shopping secondhand sites with a targeted selection of vintage, antique, and gently used contemporary items is a surefire way to find unique furnishings. These sites also help you navigate getting the goods to or from your house.

CHAIRISH

To start selling, create an online listing and submit it for review.
Chairish will optimize it for search results, edit the lead image, and post it. In return, the site gets a 30 percent commission.
Must-try for buyers: the View in Your
Space app to see via augmented reality what an item looks like in your home.



APTDECO

While Chairish is nationwide, this site takes a more localized approach with service in parts of Connecticut, New York, New Jersey, Philadelphia, Delaware, and the San Francisco Bay Area. Buyers can search by category or brand. Listings are easy to create, and AptDeco enhances your photos before posting. Its cut is 19 to 38 percent.

ANYTHING GOES

Though curated sites deliver a shopping experience that feels like browsing a store, shopping these behemoths is akin to hunting flea markets for a find. Sell or search for anything: clothing, decor, electronics, memorabilia, etc.

EBAY

EBay appeals to buyers looking for a needle in a haystack something specific, difficult to find, or collectible. Buyers sift through over a billion listings at any given time. Creating a listing is user-friendly. Choose the Buy It Now feature to allow a shopper to buy a piece immediately or an auction in hopes of generating competitive bidding. EBay gives you a limited number of free listings per month, then charges a small listing fee, which tops out at 12.85 percent. Category exceptions may apply.

MERCARI

Gaining popularity among people looking to score a yard sale-type deal, Mercari uses seller's images and data to recommend prices based on similar listings. The site takes 10 percent on sales, and there's never a listing fee. This is a point of difference and cost savings for sellers who want to list vast quantities or refresh and repost stale listings to attract a buyer.

LOCAL SALES

CRAIGSLIST,OFFERUP,FACEBOOKMARKETPLACE

These sites act like free classified ads, connecting local buyers and sellers. Include as many details in the listing as you can and research similar items to set the price—either a firm one or best offer. Sales are made in person and cash is preferred, so make safety a priority (see tips, right).

Safety and Scams

REVIEWS

Read the seller's profile before you buy. Be wary if they have poor (or no) ratings or reviews from previous sales.

COMMUNICATION

Interact with buyers
using only the
platform's built-in
contact feature.
There's no need to
share personal
details.

TRANSACTIONS

When paying online, use the platform's integrated payment methods only. If you're meeting in person, choose a public place like a shopping center or police station parking lot. If a stranger is coming to your home, have someone with you. If you're buying, test and inspect the item before handing over your cash.

SHIPPING

Choose a trackable shipping service (and tick the insurance box) so you have proof against claims of no delivery.





NEW WITH TOOM Allergies

We went to the experts for the latest thinking and research on why and how certain foods spell trouble—and got some good news about treatments on the horizon.

Much of the talk about food allergies focuses on kids, but food allergies are also a big issue for adults. About 11 million **Americans** develop a food allergy after age 18, and researchers say those instances are on the rise. As numbers go up, so does the number of questions: What can trigger a new food allergy? Why are they affecting more people now? What's the difference between an allergy and an intolerance or sensitivity? Keep reading for five facts that will help you better understand food allergies.



After a lifetime of enjoying, say, shrimp cocktail, you might discover that suddenly you can't eat it without having an allergic reaction. Half of all people with food allergies develop at least one new food allergy as an adult. There are a few theories as to what causes a new allergy to pop up. "One is that a bacterial or viral illness somehow altered your immune pathway, the switch that turned on your allergy," says Ruchi Gupta, M.D., M.P.H., professor of pediatrics and founding director, the Center for Food Allergy & Asthma Research,

Northwestern
University Feinberg
School of Medicine
and Lurie Children's
Hospital in Chicago.
New allergies for
women could be
hormone-related,
especially if they start
around pregnancy or
menopause.

If you suddenly or repeatedly have allergic and/or gastrointestinal symptoms after eating, see your doctor to find out what you have and how to manage and treat it.

Two common tests: a blood draw



About
26 million
American
adults (10.8%)
have food
allergies. They
affect nearly
6 million
children (7%).

to detect antibodies to allergens or a skinprick test (samples of allergens are put on just-pricked skin to see if you have a reaction).



FOOD ALLERGIES ARE ON THE RISE.

If it seems like more people have food allergies these days, you're not imagining it. "All food allergies seem to be increasing, but the foods people are allergic to are different," Gupta says. In America the top allergens are shellfish, milk, peanuts, tree nuts, finfish, eggs, wheat, soy, and sesame. Experts have a few theories

on why the numbers are rising. It could be an overreaction in the immune system related to how clean we've become (not playing in the dirt) and all the antibacterial products we use. Or it could be a change in how foods are grown and processed. For example, in the U.S., peanuts are usually roasted not boiled. That may alter the protein in the peanut in a way that makes it more allergenic.

One thing experts have learned: Pediatricians used to say to avoid giving children at risk of a peanut allergy peanuts until age 3, but now that's changed after important research, Gupta says. So talk to your doctor. The thinking now is that early introduction of peanuts can lower the risk of an allergy; the theory is that the more kids are exposed to a food early on, the less likely they are to develop a reaction.



WHAT IS PALFORZIA?

PALFORZIA is a treatment for people who are allergic to peanuts. PALFORZIA can help reduce the severity of allergic reactions, including anaphylaxis, that may occur with accidental exposure to peanut. PALFORZIA may be started in patients aged 4 through 17 years old. If you turn 18 years of age while on PALFORZIA treatment you should continue taking PALFORZIA unless otherwise instructed by your doctor.

PALFORZIA does NOT treat allergic reactions and should not be given during an allergic reaction.

You must maintain a strict peanut-free diet while taking PALFORZIA.

IMPORTANT SAFETY INFORMATION

PALFORZIA can cause severe allergic reactions called anaphylaxis that may be life-threatening.

- You will receive your first dose in a healthcare setting under the observation of trained healthcare staff.
- · You will receive the first dose of all dose increases in a healthcare setting.
- · In the healthcare setting, you will be observed for at least 1 hour for signs and symptoms of a severe allergic reaction.
- · If you have a severe reaction during treatment, you will need to receive an injection of epinephrine immediately and get emergency medical help right away.
- · You will return to the healthcare setting for any trouble tolerating your home doses.

Stop taking PALFORZIA and get emergency medical treatment right away if you have any of the following symptoms after taking PALFORZIA:

- Trouble breathing or wheezing
- Chest discomfort or tightness
- Throat tightness
- · Trouble swallowing or speaking
- · Swelling of your face, lips, eyes, or tongue
- · Dizziness or fainting
- · Severe stomach cramps or pain, vomiting, or diarrhea
- · Hives (itchy, raised bumps on skin)
- Severe flushing of the skin

Because of the risk of severe allergic reactions, PALFORZIA is only available through a restricted program called the PALFORZIA Risk Evaluation and Mitigation Strategy (REMS) Program. Talk to your healthcare provider for more information about the PALFORZIA REMS program and how to enroll.

You should NOT take PALFORZIA if you have uncontrolled asthma, or if you ever had eosinophilic esophagitis (EoE) or other eosinophilic gastrointestinal disease.

Tell your doctor if you are not feeling well prior to starting treatment with PALFORZIA. Your doctor may decide to delay treatment until you are feeling better. Also tell your doctor about any medical conditions you have and if you are taking or have recently taken any other medicines, including medicines obtained without a prescription and herbal supplements.

Your doctor may decide that PALFORZIA is not the best treatment if:

- · You are unwilling or unable to receive (or self-administer) injectable epinephrine.
- · You have a condition or are taking a medication that reduces the ability to survive a severe allergic reaction.

WHAT ARE THE POSSIBLE SIDE EFFECTS OF PALFORZIA?

The most commonly reported side effects of PALFORZIA were: stomach pain, vomiting, feeling sick, itching or burning in the mouth, throat irritation, cough, runny nose, sneezing, throat tightness, wheezing, shortness of breath, itchy skin, hives, and/or itchy ears.

PALFORZIA can cause severe allergic reactions called anaphylaxis that may be life-threatening.

PALFORZIA can cause stomach or gut symptoms including inflammation of the esophagus (called eosinophilic esophagitis). Symptoms of eosinophilic esophagitis can include:

- Trouble swallowing
- Food stuck in throat
- · Burning in chest, mouth, or throat
- Vomiting
- Regurgitation of undigested food
- Feeling sick

For additional information on the possible side effects of PALFORZIA, talk with your doctor or pharmacist.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see a Brief Summary of the full Prescribing Information and Medication Guide, including an Important Warning about anaphylaxis, on the following page.





IMPORTANT FACTS

This is only a brief summary of important information about PALFORZIA and does not replace talking to your healthcare provider about your condition and treatment. For complete product information, please see full Prescribing Information, including Medication Guide, at www.PALFORZIA.com.

WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT PALFORZIA?

PALFORZIA can cause severe allergic reactions called anaphylaxis that may be life-threatening.

- You will receive your first dose in a healthcare setting under the observation of trained healthcare staff.
- You will receive the first dose of all dose increases in a healthcare setting.
- In the healthcare setting, you will be observed for at least 1 hour for signs and symptoms of a severe allergic reaction.
- If you have a severe reaction during treatment, you will need to receive an injection of epinephrine immediately and get emergency medical help right away.
- You will return to the healthcare setting for any trouble tolerating your home doses.

Stop taking PALFORZIA and get emergency medical treatment right away if you have any of the following symptoms after taking PALFORZIA: Trouble breathing or wheezing; Chest discomfort or tightness; Throat tightness; Trouble swallowing or speaking; Swelling of your face, lips, eyes, or tongue; Dizziness or fainting; Severe stomach cramps or pain, vomiting, or diarrhea; Hives (itchy, raised bumps on skin); Severe flushing of the skin.

For home administration of PALFORZIA, your doctor will prescribe injectable epinephrine, a medicine you must inject if you have a severe allergic reaction after taking PALFORZIA. Your doctor will train and instruct you on the proper use of injectable epinephrine.

Talk to your doctor and read the epinephrine patient information if you have any questions about the use of injectable epinephrine.

PALFORZIA is only available through a restricted program called the PALFORZIA Risk Evaluation and Mitigation Strategy (REMS) Program. Before you can receive PALFORZIA, you must:

- Enroll in this program.
- Receive education about the risk of a severe allergic reaction (anaphylaxis) by a healthcare provider who practices in a setting that is certified through the REMS program.
- Understand that you will be monitored in a healthcare setting during and after the Initial Dose Escalation and for the first dose of each Up-Dosing level.
- Receive education about how to maintain a peanut-free diet. You must attest that you will continue to avoid peanuts at all times.
- Fill the prescription your healthcare provider gives you for the injectable epinephrine. You must attest that epinephrine will be available to you at all times.

Talk to your healthcare provider for more information about the PALFORZIA REMS program and how to enroll.

WHAT IS PALFORZIA?

PALFORZIA is a prescription medicine derived from peanuts. It is a treatment for people who are allergic to peanuts. PALFORZIA can help reduce the severity of allergic reactions, including anaphylaxis, that may occur with accidental exposure to peanut. PALFORZIA may be started in patients aged 4 through 17 years old.

If you turn 18 years of age while on PALFORZIA treatment you should continue taking PALFORZIA unless otherwise instructed by your doctor.

PALFORZIA does NOT treat allergic reactions and should not be given during an allergic reaction. You must maintain a strict peanut-free diet while taking PALFORZIA.

WHO SHOULD NOT TAKE PALFORZIA?

You should NOT take PALFORZIA if:

- You have uncontrolled asthma.
- You ever had eosinophilic esophagitis (EoE) or other eosinophilic gastrointestinal disease.

WHAT SHOULD I TELL MY DOCTOR BEFORE TAKING PALFORZIA?

Tell your doctor if you are not feeling well prior to starting treatment with PALFORZIA. Your doctor may decide to delay treatment until you are feeling better. Also tell your doctor about any medical conditions you have. You should tell your doctor if you are taking or have recently taken any other medicines, including medicines obtained without a prescription and herbal supplements. Keep a list of them and show it to your doctor and pharmacist each time you get a new supply of PALFORZIA.

Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

Your doctor may decide that PALFORZIA is not the best treatment if:

- You are unwilling or unable to receive (or self-administer) injectable epinephrine.
- You have a condition or are taking a medication that reduces the ability to survive a severe allergic reaction.

WHAT ARE THE POSSIBLE SIDE EFFECTS OF PALFORZIA?

The most commonly reported side effects were: stomach pain, vomiting, feeling sick, itching or burning in the mouth, throat irritation, cough, runny nose, sneezing, throat tightness, wheezing, shortness of breath, itchy skin, hives, and/or itchy ears.

PALFORZIA can cause severe allergic reactions that may be life-threatening. Symptoms of allergic reactions to PALFORZIA can include: Trouble breathing or wheezing; Chest discomfort or tightness; Throat tightness or swelling; Trouble swallowing or speaking; Swelling of your face, lips, eyes, or tongue; Dizziness or fainting; Severe stomach cramps or pain, vomiting, or diarrhea; Skin rash, itching, or raised bumps on skin; Severe flushing of the skin.

PALFORZIA can cause stomach or gut symptoms including inflammation of the esophagus (called eosinophilic esophagitis). Symptoms of eosinophilic esophagitis can include: Trouble swallowing; Food stuck in throat; Burning in chest, mouth, or throat; Vomiting; Regurgitation of undigested food; Feeling sick.

For additional information on the possible side effects of PALFORZIA, talk with your doctor or pharmacist. You may report side effects to the U.S. Food and Drug Administration (FDA) at 1-800-FDA-1088 or www.fda.gov/medwatch.

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Based on PALF-US-v1.0. 01/2020





In some cases, people think they have a food allergy when they actually have an intolerance or sensitivity. Symptoms among the three are similar, so it's hard to know unless you get tested, Gupta says. "A true food allergy is an immune system response; intolerances or sensitivities are digestive issues like missing an enzyme to break down a food." Dairy and gluten are perhaps the most confusing: If you have a lactose intolerance, you're missing an enzyme that helps digest dairy. A gluten intolerance or sensitivity can lead to bloating, cramps, and headaches. A wheat allergy is a food allergy with potentially

severe symptoms. And celiac disease can lead to GI symptoms and poor growth. Sensitivity to caffeine, sulfites, fructose, and food additives also can occur, but you're not likely to be allergic to those items.

The best way to tell the difference among a sensitivity, an intolerance, and another condition like celiac is to have an allergist assess you. Food allergies can be detected via a test, while most sensitivities and intolerances can't be tested for. Sensitivities tend to be diagnosed by ruling out the other categories. "When I screen for diagnosable issues, I have patients avoid dairy and gluten since those are the most common sensitivity cases," says Sayantani Sindher, M.D., clinical associate professor of allergy and immunology at the Sean N. Parker Center for Allergy and Asthma Research at Stanford University School of Medicine.

This trial-anderror nature can be confusing. That's why

it's important to see an allergist. A note about at-home foodsensitivity tests: "They don't use an accepted scientific method for testing," says Sonal R. Patel, M.D., an allergist with **Huntington Asthma** & Allergy Center in Pasadena, CA.



FROM MILD **TO SEVERE** WITHOUT WARNING.

"Just because you had a mild reaction once doesn't mean it will always be mild in the future," Patel says. Sometimes the severity of the reaction is due to the amount of the food you ate; other times it may seem random. Patel advises that people with food allergies carry an EpiPen just in case. "It's always better to

be safe than sorry." Let waiters know about your allergy when you're out to eat and also question ingredients—some dishes can include ingredients you don't know about.



A promising one is oral immunotherapy, where a doctor gives you a pill or powder that has a tiny amount of the food you're allergic to. Over time the dose increases to train your immune system to tolerate the food. In 2020 the U.S. Food and **Drug Administration** approved this therapy for peanut allergies. "If treatment works, you probably won't be eating a peanut butter and jelly, but small exposures to peanuts won't cause anaphylaxis [a lifethreatening allergic

reaction]," Patel says. A similar process is being developed using a skin patch, in the hope that it has fewer side effects (because you're not ingesting it). Experts are also investigating biologics—drugs that block the immune response to allergens. (They're already FDA-approved for issues like asthma and eczema.) And a vaccine for peanut allergies is in clinical trials. "It's so exciting because a lot of people with food allergies feel like doctors can't do much to help," Gupta says. "But I hope in the next couple of years we end up with multiple ways to treat them."



Shellfish is the most common food allergen for adults, followed by peanuts and tree nuts. For kids, it's peanuts, milk, then shellfish.

anatomy of an allergic reaction

It all has to do with your immune system misreading a food as dangerous. Once the food has been flagged as an invader, your body is ready to attack it whenever you eat it.

"Your immune system produces a cell known as an IgE antibody," Patel says. "Those antibodies attach to what are called mast cells." The IgE antibodies cause your mast cells to break open and release histamine, which triggers the allergy symptoms—hives, swelling, vomiting, and diarrhea.



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cat tricks

Yes, you can teach your cat how to sit and stay. She'll like learning basic directions and cues if you pair the lessons with food and fun.

Every cat owner knows how smart cats are. Harness that brainpower by teaching your cat skills and tricks. You'll both benefit. "Training provides mental and physical stimulation and positive social contact," says behaviorist Katenna Jones, director and owner of Jones Animal Behavior in Rhode Island.

Keep it positive: Swatting, spraying, or startling techniques shut down communication and may stop your cat from behaving a certain way around you but won't stop the behavior overall. A few of the following techniques involve clicker training, which uses the sound of a clicker to let kitty know she is doing what you want and a treat to reward that behavior.

GENTLE

To encourage licking rather than biting, dab your knuckles or the back of your hand with some wet food or a smidgen of cat paste (a flavored nutritional supplement). Say "gentle" as your cat licks your hand, calmly pulling your hand away if she begins to nip or bite.

FIND IT Toss a treat in front of your cat's paws; once she follows the toss, add the phrase "find it." Advance to tossing toys. Eventually you can play



this game with treats hidden under cups or in your hand.

SIT Whenever your cat sits naturally, press the clicker and give her a treat. Soon you'll notice her sitting when you bring treats out. Add the word "sit" once you can predict her behavior. Click and reward this action. Gradually phase out the clicker and use treats only intermittently.

STAY Lay a flat mat, towel, or cloth napkin on the sofa, floor, or wherever you want her to stay. When she steps on the cat mat, click. Then toss a treat slightly away from the mat so she has to come back for the next round. Once your cat goes to her mat and remains there, introduce the "stay" cue. Use the mat to

encourage her to stay in a location while you eat or cook.

IN THE BOX

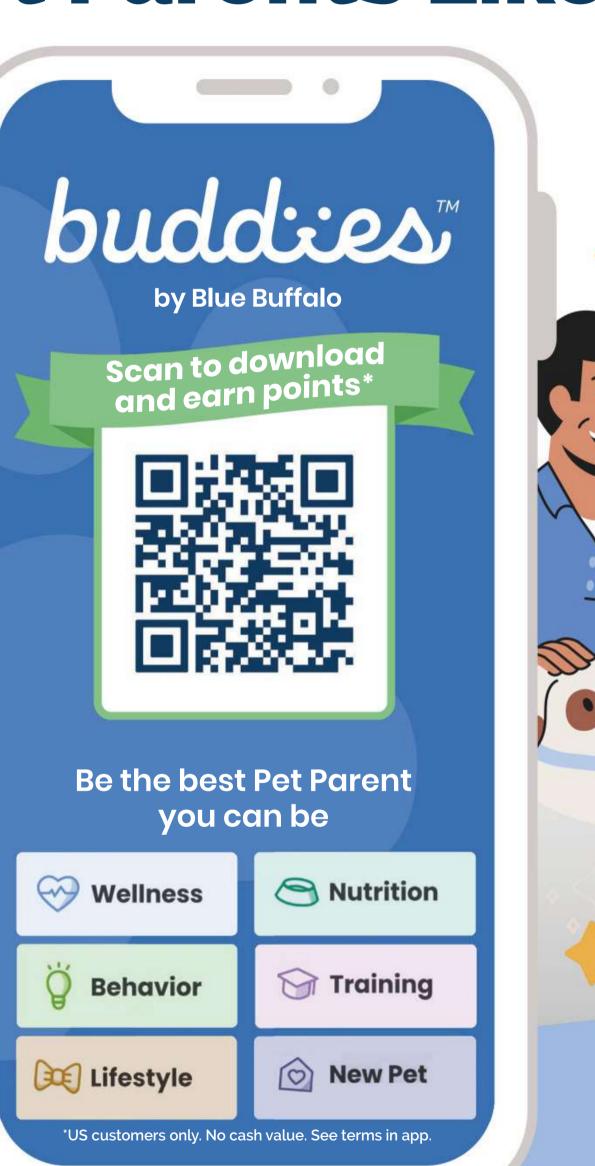
Most cats will happily jump in a box or explore a bag. Having a cue word for this behavior is useful when it comes time for her to get into a carrier for traveling or a vet visit. Introduce the carrier by hiding treats and feeding your cat portions of her meal in there. When your cat jumps in, click and reward her. While she is in there, say "in the box." Work up to carrying her around in the box a few times a week, rewarding her after each ride. ■

check out **Daily Paws**

To learn more about the amazing things cats can do, visit dailypaws .com/BHGCats.

Now There's an App for Pet Parents Like Us







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- Farn points to use toward BLUE Bundles, treats and more
 - Get advice and tips on all things pet-related
- Track your pet's health and wellness

latest project

In her most recent book, Simplicity at Home, Yumiko shares her "joyful minimalist" approach to living through seasonal recipes, lessons, and DIY projects. "I believe that with less, you can find greater enjoyment in what you do have." \$28; chroniclebooks.com



holiday decor

"For Christmas, I like to hang little wreaths around the house. I make my own using evergreen branches from my garden, a scarf hanger [\$9; shop-foglinen.com], and a small ornament. I make several at a time and give them as gifts." Yumiko attaches greenery to the hanger (you can bend a wire hanger into a circle) using twine or strong thread, then adds an

[CURRENT OBSESSION]

I love kantha quilts. They're like one-of-a-kind artworks that you can layer on beds and floors or use as tablecloths. 99



BLENDING AMERICAN STYLE WITH JAPANESE CUSTOMS TO CREATE WELCOMING, THOUGHTFUL SPACES.

Twenty years ago, Yumiko founded Fog Linen Work, a home decor store now known for long-lasting linen housewares. Her original kitchen cloths have a near-cultlike following. The designer shares her best-loved practical tips and holiday traditions.



new-year cleaning

"Many Japanese people do an end-of-year cleaning to welcome the new year. (The ritual is called oosouji.) I try to make cleaning as natural as possible by making my own cleaner using orange peels. The peels have limonene oil that cuts through grease and conditions wood surfaces." Yumiko's recipe: Peel of 1 orange for every ½ cup water. Bring to a boil, then let simmer 15 minutes. Let cool. Pour liquid into a spray bottle.



recycling

"There are endless uses for beautiful fabric that has outlived its intended use. I repurpose worn linen sheets by cutting them into strips, then weaving them into table runners, hot pads, and rugs. It's like making fabric out of your memories." Yumiko uses a Clover handloom (available online), but any small loom will work. ■

ornament in the middle. 66 Finding new Uses for scraps of fabric saves money and demonstrates the beauty in things that are slightly imperset. BH&G | December 2021 ILLUSTRATIONS LUCY TRUMAN



